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ELCOME back. I am guessing for many of you, vou are still adjusting, like me. As I write, I have only been back at this desk for a few days and it already feels like 2015 is going to be rocky. Most of my days are fun and often very rewarding, but this year the volume has been turned way up.

Happily, I spent most of the break in my home state of South Australia with family and friends, and included baking cakes, watching cricket and

morning walks with Dad along the Adelaide beachfront. The fires that struck the state after New Year's Eve were devastating and did engulf the home of one of my extended family, but mercifully, did not reach the farming district where my brothers live.

Yet the return to work has been dominated by the news events that have rocked the world since early December. South Australia is counting the cost of the fires, while Sydney is trying to come to terms with the terror attack on the Lindt Café, which has not been helped by the shocking events in Paris. I also expect the alarming budgetary pressures faced by the Abbott government (exacerbated by the balance of power challenges in the Senate) are bound to cause ongoing upheaval in Canberra and frustration for the rest of us. So at the risk of being a bit gloomy, I do have a sense, as I say, that it will be a rocky year.

There is also a lot of change at *The Weekly*, which is very exciting, but it has meant that we have had a particularly frantic start to the year, which has been a shock after a fortnight of reading books and barbecues.

Anyway, enough of that. In this, the Body Issue, we are about remembering those lazy days, all the promises you made for 2015 and encouraging you to stick to those New Year's resolutions, which typically revolve around being healthier. As regular readers might recall, each January, I give up alcohol. Last year, it was for six months, the year

before, two months. The disparity arose because, in 2012, I introduced a "policy" that stupidly enabled the period of prohibition to be temporarily suspended if I was interstate. This meant I regularly found myself in Melbourne nursing a Campari and soda with my resolve crumbling with every sip.

Anyway, this year, I have a new policy and new goal - it's the two drinks rule. That means I can still enjoy a glass of wine without all the fuss that seems to be generated by my all-or-nothing approach to alcohol. I suspect keen readers will think that this new "policy" has all the pitfalls of the so-called interstate "policy"

and I am aware of the hole in my plan. Regardless, I am pressing on and hope to make it for a good chunk of the year.

Having said that, so far, so good and I feel great. I am sleeping better, fitting more into my day and I have re-joined my yoga class (even though the mere mention of the word "namaste" unreasonably irritates me).

I would like to finish this month by saying a special thanks to television hosts Leila McKinnon and Samantha Armytage. Leila's candid interview about her fight to have a family is very moving (page 18), especially in the midst of her husband David Gyngell's public battles, which she handled with grace and good humour. And I am indebted to Samantha for bravely taking to the swimming pool for this month's cover. It was a last-minute decision and right on Christmas Eve, when most people were trying to get away. Yet Samantha didn't hesitate when asked and I am grateful to her for taking the risk.

Happy 2015!

Helen McCabe, EDITOR-IN-CHIEF Email me at awweditor@bauer-media.com.au Follow me on Twitter at @helenmccabe

From right: A selfie with nephew Jack McCabe, two; Sam McCabe, 14. and his cousin Grace McCabe. four. on Christmas Day; Jack and Grace baking.







WATCH OUR VIDEO

To see Helen McCabe talk about the stories in this month's issue, download the free viewa ann (see Contents) and scan this page with your smartphone or tablet.

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COVER: SAMANTHA ARMYTAGE Photography by Michelle Holden Styling by Mattie Cronan













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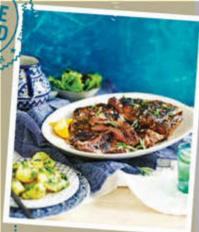
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TIFFANY DUNK thought her teenage self had gone to heaven when she was asked to edit Dolly magazine back in 2010. She may have moved on from that dream job since then, but as well

as writing and editing, she now presents an education program in high schools on body image and nutrition - a job which informed *The* Secret Crisis Among Our Boys on page 82.



MICHELLE ENDACOTT

started on a newspaper in Rockhampton, Queensland, where she hiked through floods and trespassed with greenies trying to save the bent-winged bat (they did).

She's now Managing Editor of The Weekly, but she scooped leaves from the pool and held the umbrella for our shoot of Samantha Armytage - then wrote our cover story on page 46.



INGRID PYNE wrote the Leila McKinnon article on page 18. Previously on staff at The Weekly, Ingrid is now the proud (if dazed) mother of four kids under five. "I took my three-month-old son,

Joe, to the photo shoot. Leila, who made no secret of her yearning for another child, told her husband, David, that Joe was my fourth child in four years. He visibly shuddered."

.......



ELLY VARRENTI is a Victoria-based writer, teacher, broadcaster and theatre critic. Her brave account of living with Binge Eating Disorder (BED) appears on page 68.

"Binge eating is the most common and least known eating disorder in Australia, and living with it when you are middle-aged is one of those silent and shameful issues I thought needed to be outed."

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PEARL OF WISDOM

Obstacles are those frightful things you see when you take vour eves off the goal.

C. BURGES. BUNBURY, WA.

The winner of our Pearl of Wisdom this month wins a 12-month subscription to The Australian Women's Weekly, valued at \$83.40.



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Letter of the month

To Feel Sexy (WW, Jan), highlighting the lives of ladies of the outback. As I sat up in bed with my cuppa and *The Weekly*, enjoying a rare few days off over the Christmas break, I felt a genuine sense of sorority, as well as gratitude. The stark reality of just how much I can take for granted at times was brought home very clearly. I'm not a particularly "girly" girl, but I do like to frock up



now and again, enjoy a blow-dry or even the occasional manicure. I catch up with the girls every couple of weeks. I'd even just been to a lingerie party and got a bra that fits. The difference for me is that I do these things at my leisure, when it suits or when I feel like a lift. I savoured every sip of that cuppa and admired these amazing women as I pondered the significance of a life on the land as a lady. Each of us is a remarkable woman in her own right, for all sorts of different reasons - thank you for celebrating this through your article with such great insight.

KATHLEEN LAWSON, VIA EMAIL.

Running away from home

I had to chuckle to myself reading Mary Moody and Jane de Teliga's story (When You Feel Invisible. WW, Jan). After marrying at 17 and having four children by 23, my husband and I found that when the kids became adults they had no intention of leaving home. In fact, they bought more people home. My husband and I let them have the house and we ran away from home. We lived on a beautiful river and fished, and spent time together - it was wonderful. A year later, we knew we just had to go home, but it was heaven while it lasted. MARGARET POOLE, TWEED HEADS SOUTH, NSW.

Thanks for the great reads

I'm an avid reader and I look forward to The Weeklv's Book Club feature every month. It feeds my very active reading appetite and gives me many excuses to escape between the covers of some truly wonderful books. I was delighted to find What The Writers Are Reading This Summer (WW. Jan), As I'm a great fan of these wonderful female Aussie writers and have their books on my bookshelves. I was fascinated to discover what each of them chose for their summer read. Many thanks for the fabulous

Book Club, Reading Room and a host of reasons to pick up a good book every month, and enjoy a thoroughly entertaining and great Women's Weekly read!

JUDITH CAINE, DONVALE, VIC.

Praise for Jacqui

I would like to applaud you for your entertaining, insightful article on Senator Jacqui Lambie, which I read with a smile and a laugh (The Single Mum Dividing A Nation, WW, Jan). For while I don't agree with everything Senator Lambie says, it is indeed her colourful character and gritty tenacity which resonates deeply with me, as both a woman and a proud Australian.

ANNE DICKSON, WOOLOOWIN, QLD.

A lack of respect

I read the article written by Caroline Overington about Jacqui Lambie, the very loud-mouthed Senator from Tasmania (The Single Mum Dividing A Nation, WW, Jan). My opinion of her has not changed. If anything, I might have become more appalled. I don't mind people getting their point across and making headlines while trying to make Australia

a better place. Pauline Hanson really woke us up with that. My issue with Jacqui is the total disrespect she shows to any person, either verbally or in writing. We are paying for her to disrespect us. Pity. BARBARA BRYCE, JAMISONTOWN, NSW.

Thoughts on Jacqui

After reading your article on Jacqui Lambie (The Single Mum Dividing A Nation, WW. Jan), I just had to put pen to paper on what I thought. I didn't know much about her and was interested to learn. She has one big chip on her shoulder. I don't think she said one nice thing about another person. She says all that live in Canberra are snobs, yet she was rude to the waitress that was doing her job. In her own words, "I remember Mum telling us it doesn't matter where you live, it's what's inside." V. UNDERWOOD. COONAMBLE. NSW.

In awe of women

I loved the story Women Just Want To Feel Sexy (WW, Jan) - it made a tear come to my eye. It made me proud to be a woman and feel proud enough to not have my husband acknowledge what I do. I own my own successful business, am raising a child and maintain a large home while my husband works away in the mines. These women are the women of Australia - they cop a lot, they do a lot and they stand up and just keep moving forward. MELINDA, VIA EMAIL.

Celebrating optimism

Most of the articles in this first edition of The Weekly for the new year have a common thread - celebrating defiant optimism no matter what stage of life one is at. Both Mary Moody and Jane de Teliga (When You Feel Invisible, WW, Jan) stand testament to the fact that age and beauty have no confines when it comes to realising aspirations, and Naomi Watts ("Looks Don't Define Who I Am". WW. Jan) echoes a similar sentiment. However, it was Russell Crowe ("Hollywood Actresses Need To Act Their Age", WW, Jan) who summed it up for me when he reinforced the notion that women have the same opportunities as they did in their youth, if they willingly and happily embrace transformation. We must all remember to try and keep it real! SUZIE CHATTERJI, MELBOURNE, VIC.

issue of The Weekly have sparked such a storm, even legend Meryl Streep has stepped in.

How did it all start? Russell told The Weekly, "The best thing about the industry I'm in movies - is that there are roles for people in all different stages of life.

"To be honest, I think you'll find that the woman who is saying that [the roles have dried up] is the woman who at 40, 45, 48, still wants to play the ingénue and can't understand why she's not being cast as the 21-year-old.

"Mervl Streep will give you 10.000 examples and arguments as to why that's bullshit, so will Helen Mirren, or whoever it happens to be.

"If you are willing to live in your own skin, you can work as an actor. If you are trying to pretend that you're still the young buck when you're my age, it just doesn't work."

Meryl is perhaps best placed to respond, as she is one of the few older actresses regularly cast in Hollywood. She told The Telegraph in the UK, "I agree with [Russell]. It's good to live in the place where you are".

Yet 37-year-old Jessica Chastain was not so kind and told reporters, "I think Russell keeps getting his foot stuck in his mouth. There are some incredible actresses in their 50s and 60s that are not getting opportunities in films, and for someone to say there are plenty of roles for women that age ... [that] is not someone who's going to the movie theatre."



OUR READERS SAID:

* Keep your opinions to yourself, Russell. POSTED BY RHONDA B

* Yes! Act your age. POSTED BY BEVERLEY

* I don't think people should be limited by age or that it should be a defining factor in life choices. I don't think being in your 40s is old. It's okay to still be young at heart. POSTED BY JOANNE

* I agree with Russell. Did anyone watch Irresistible? I love Susan Sarandon, but at nearly 70, she looked ridiculous playing the mother of a child under 10.

POSTED BY ADRIENNE

- * There is nothing wrong with acting your age. POSTED BY CARLIE
- * On the same note, directors need to cast 40+ women as mothers. POSTED BY SAMANTHA



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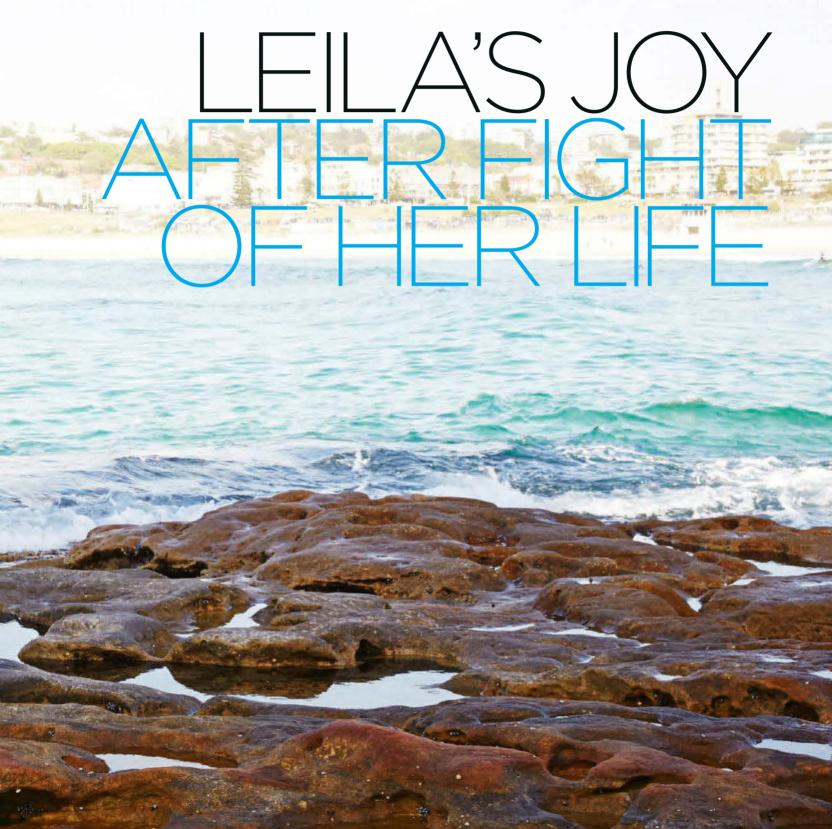






It's been a big year for Nine TV boss David Gyngell. After a very public brawl with James Packer, he's now showing his softer side as he and wife Leila McKinnon welcome baby Gwendolen. Yet, as **Ingrid Pyne** reports, Leila suffered terrifying complications after the birth.

PHOTOGRAPHY BY ALANA LANDSBERRY STYLING BY MATTIE CRONAN







by the sword," she says with a shrug, when asked about the media stake-out of her home in Sydney's eastern suburbs in the wake of the fight. "Being a journalist, I could see that it was a great story even if personally I was concerned about David and whether he was okay because it wasn't a very pleasant time for him. But the fact that journalists were camped outside my house never bothered me."

As if to prove the point, Leila took to Twitter after the punch-up to draw a cheeky comparison to the equally extraordinary one captured on CCTV in a New York elevator a day earlier. "OK, so they're much better dressed and a little more discreet, but I feel a kinship with Beyoncé, Solange and Jay-Z today," she tweeted. And later, on Facebook, in a playful dig at her husband's Nike sweats and bare feet, "He may be a brawling bogan, but he's my brawling bogan."

"I do wish he'd worn shoes," Leila tells

The Weekly today, with a mock sigh and a laugh. "He's actually got some really nice clothes. Sometimes, when we are out and he is wearing his good clothes, I jokingly

dare him to pick a fight with another billionaire so we can even up the ledger."

The reaction, according to those who know her well, is pure Leila. "She's one of us," says the Nine Network's Director of News and Current Affairs, Darren Wick. "She loves the gossip, she loves taking the piss, she's got a funny, kooky sense of humour. She's just like any other reporter." Except that she's not. When

Joy at last ... Leila had to go through four years of IVF and suffered a miscarriage before Ted was born just over two years ago.

Leila, then genuinely just another Channel Nine news reporter, married David, son of Australian TV pioneer Bruce Gyngell, in 2004, she became television royalty.

No longer does she just report the news, she makes the news. Everything from the couple's wedding day, to their nine-year battle to have a baby, to David's eye-watering salary, to the birth of Ted, to David's purchase of a family car (a black Range Rover, if you're interested) is dutifully reported. Baby Gwendolen's arrival was no different. Yet what hasn't been reported until now is the dramatic aftermath of her birth.

As Leila explains, Gwen was born last May with fluid on her lungs, panting for lack of oxygen, and was immediately taken into the special care unit at Sydney's Prince of Wales Hospital. When Leila went to

> check on her baby just hours later, she suffered a postpartum haemorrhage. "David arrived back at the hospital with Ted just in time to see all the nurses rush into my room," she recalls. "He

couldn't come in with Ted, so he had to wait outside without knowing what was going on. It was a really heart-stopping moment for him. When he finally was allowed into the room, I said, 'Are you okay?', and he just started crying."

David's relief would be understandable in any new father, but was even more so given what he and Leila had already gone through in their quest for a family.

The couple endured four years of IVF and a devastating miscarriage before having Ted in October 2012. Gwen's conception, too, had been shrouded in emotional and physical uncertainty.

"I always knew I wanted another child after Ted," says Leila, "but there was a time when I thought I wouldn't be able to have any children. It had taken four years to conceive Ted, so I just thought that I would give it a few goes [of IVF] and then, if it doesn't work, I am the luckiest person in the world anyway because I have my baby boy."

Eight months after Ted was born, Leila began another gruelling round of IVF. After the third implantation, a routine pregnancy test detected low levels of pregnancy hormones, but not enough to be viable. "I went back to the doctors for another test and they said the hormone had gone up a bit, but it [the pregnancy] wouldn't work," Leila says. "So I went up to Byron for a holiday and I drank lots of wine and ate lots of sushi, and when I went back to the doctors, they said, 'It's doing something. It could work'.

"I couldn't believe it. They had told me there was next to no chance. To go through IVF and then to be surprised that you are pregnant, it's crazy," she says. "But it was a lovely surprise."

Does big brother Ted share that view? "He's hot and cold," she says. "He's had his jealous moments, but you can't blame him for that. He gets excited when she wakes up and he'll run to get the play mat for her. But when he's not loving her to death, he's throwing a truck at her. I think, as with all siblings, there will be good times and bad." >

IT WAS A LOVELY **SURPRISE.**"

"I COULDN'T

BELIEVE IT. BUT







The apple of their eyes: Gwen gets all the attention from doting dad David Gyngell (left) and brother Ted shortly after her birth in May.

So are there any plans for more siblings? "Oh, I am addicted to babies now. As soon as I have one I want another one," says Leila, although she admits that, at 42, time is not on her side. "I have still got this little ray of hope in me, even though it would be difficult and I am not sure if David would even let me try. At this stage, I would have to say probably not. But you can never say never – even though I am so incredibly grateful for the ones we have got."

"Grateful" is a word that Leila uses frequently. It is interesting that she addresses her life of privilege even before I can: she is grateful that she and David never have to fight over who does the cleaning because in a marriage "it is the small things that really get under your skin"; she is "so fortunate" that they can afford a top-notch nanny because it's "not easy" for working mothers to find affordable childcare; but above all, she is grateful that she got to have countless shots in the IVF lottery. "I really feel so much empathy for people struggling to have a baby," she says. "It's such an elemental desire. I was in the fortunate position of being able to try many, many times. It's very, very expensive."

Leila says this not to boast about her husband's vast wealth (David topped The Australian Financial Review's 2014 executive salary survey, after his \$19.6 million pay packet was boosted by a \$1 million short-term incentive for leading Nine from the brink of receivership to

a successful flotation), but to acknowledge that she is in the extraordinarily fortunate position of being immune to the financial worries of many other women. She has not forgotten how her father, a mechanic, had to work three jobs to pay off the family's "humble" mortgage. So while Leila and David are at the top of Sydney's A-list, they generally shun the Sydney social scene. And while her home, with its sweeping views of Bondi Beach, is beautiful, it is true to its owners. A cubby house covered in chalk scrawls sits amid designer decor and original art works.

"She's a very humble person," says

Darren Wick. "You'd think we'd all think. 'It's the boss' wife' and we should step on eggshells, but we don't. Never, ever once have I heard her making any reference to the fact her

husband is the boss. But Gyng is the same. He's not like other CEOs ... They are a very grounded couple. They like nothing more than going down to the beach with their kids."

Which is not to suggest that Leila is preparing to throw in the (beach) towel on her career. On the contrary. "Having children hasn't made me want to stop working, it's made me more ambitious," she says. "It's made me try to think of something that I can do that's amazing." Since Gwendolen's birth, she has continued shooting Nine's true-crime investigations series, Inside Story, which she hosts, and plans to return to her "first love" of news

and current affairs reporting. In the Nine newsroom, she will work alongside other mums, such as Amelia Adams, Wendy Kingston, Alison Ariotti, Amber Sherlock and Vicky Jardim, something that would have been impossible 20 years ago.

"When I first started in the newsroom there is no way you could have continued to do the job with children," Leila says. "It's now accepted as a natural part of the workplace that women will come and go. I have been really happy and fulfilled by my job, and I want that to continue. I want my kids to see me working and meeting challenges, and to show them that one way to be happy is to have a passion in life."

That is not the only front on which Leila plans to set a positive example for her children. Although she looks beautiful and healthy, she admits she is still trying to get comfortable with her post-baby body – for her children's sake.

"I want to be a good role model. I do want to be flexible and strong again, and I do hate having flab, but I am trying to resist putting pressure on myself. My whole life I have tried to fit into certain dress sizes, so it's a habit to want to diet and jog, and fit into smaller clothes. But I don't want to ever complain about my body in front of my kids. I don't want

my daughter to think about her weight and fitting into tiny sizes. I want her to do exercise and to have a healthy, fit body and a calm mind. So I am trying to turn over a new leaf."

Leila admits that having two young children is a far cry from her former life, when she jetted off at the drop of a hat to Guantanamo Bay to cover the David Hicks trial, or interviewed the likes of Robin Williams, the two Toms (Hanks and Cruise) and princes William and Harry, and hosted coverage of the Summer and Winter Olympic Games.

"There was one moment when Gwen was throwing up on me and Ted decided to pull down his nappy and poo on the floor at the same time," she says. "So, yes, they keep me busy."

Yet you get the distinct feeling she wouldn't have it any other way.









As South Australian pet owners mourn and pay tribute to the dozens of cats and dogs killed in fire-ravaged boarding kennels, a koala named Jeremy has become a national symbol for their pain, Clair Weaver reports.

HEY WERE DEVOTED companions: loyal, affectionate and mischievous. They'd welcome their owners home each day with unbridled displays of joy, play endless games with the kids, sneak a bite of their favourite foods and fall asleep contentedly in laps. Yet now they are gone, taken unexpectedly, with no chance for a final hug. They were the innocent four-legged victims of the unpredictable bushfires that raged through South Australia at the dawn of 2015 and their owners are heartbroken.

WHEN 40-YEAR-OLD couple Belinda and Kerry Mountford and their children Sam, 14, and Emma, 12, last saw their beloved beaglier Toby, he was as exuberant as ever. The floppy-eared dog was happy to be dropped off at the family-run Tea Tree Gully Kennels & Cattery in the leafy surrounds of Inglewood in the Adelaide Hills while his family went on holiday. "He loved the kennels," Belinda tells *The Weekly*. "As soon as he got there, he wanted to go off and play with the other dogs. We wouldn't

have left him there if he didn't love it. It was a lovely place: they had put in airconditioning and played music when there were thunderstorms to settle the dogs."

The Mountfords left seven-year-old Toby in the kennels on Boxing Day before heading across to the Yorke Peninsula. Over coming days, the mercury began to rise. By New Year's Day, firefighters at the South Australian Country Fire Service (CFS) were so worried, they raised the fire danger rating for the region to catastrophic - the highest possible alert.

The following afternoon, their fears were realised. A fire started in Sampson Flat, about 10km away from where the dogs and cats at Tea Tree Gully lay sheltered in air-conditioning. At first, they didn't seem to be in the line of fire. Kennel and cattery owner Paul Hicks, who has run the business with his wife Elizabeth and two teenage daughters since 2010, did his best to maintain calm, posting regular updates on Facebook to reassure pet owners.

"For those concerned about the fire in our proximity, at this stage we are under no immediate threat. All animals cool & comfy despite the scorching heat outside." >



Nevertheless, some holidaymakers were getting anxious, among them Daniella Galieri, 24, owner of two-year-old beagle Bonnie. She and her husband, Anthony, who were camping at Normanville on the south coast, had dropped Bonnie off on Friday morning – before the fire started. It was only on the following morning that she heard blazes were in the vicinity. With gnawing concerns after phoning the kennels, Daniella decided to send her brother up to fetch Bonnie, but by then, the surrounding roads were closed.

"We were so worried that we drove back," recalls Daniella. "My brother was driving around trying to get in touch with people like the RSPCA, vets and police."

Three hours away, 21-year-old Brittany Mara was oblivious to the imminent danger to her Cornish Rex cats: Roger, a sophisticated socialite who'd win over even those who didn't like cats and mayhem-raising Remy, who'd once memorably shredded Brittany's entire homework. Helping her dad fix up his holiday home, Brittany was in a mobile phone deadspot. Her mother, Sonya, in the UK, however, saw postings on Facebook and managed to contact the family. Yet it was too late to send someone up to fetch

the felines from the cattery, which had private rooms with furniture and was the only boarding facility they'd stayed at without becoming stressed. "[Mum] was our main source as to what was going on," says Brittany. "It's heartbreaking for her."

Up in the hills, meanwhile, the fire was on its way to becoming the worst seen in 30 years, with ever-changing gusts of wind sending walls of angry flames racing off in different directions. Fuelled by dry vegetation, it was impossible to contain. "It was a very scary situation," says a local resident. "It's testament to the work

of the firefighters that there weren't any human fatalities."

At Tea Tree Gully, however, conditions were about to turn deadly. In what now seems a chilling final

Facebook post before the fire hit on Saturday afternoon, the Hicks family posted, "We are still safe. The conditions are very unpredictable. It is likely the roads will remain closed ... We will do all we can to answer calls & [Facebook] inquiries, but as we are sure you will understand, our attention will be on the

welfare of the pets in our care, so if we don't reply immediately, that is likely to be why." And then silence.

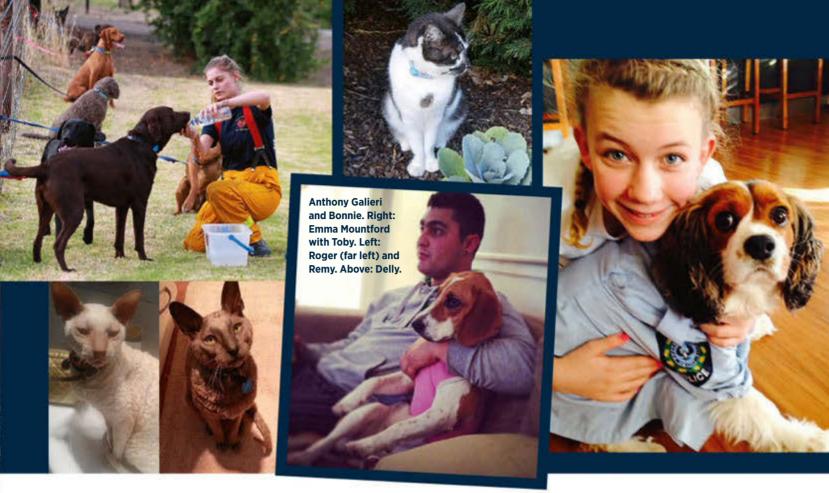
UNTIL LATE ON Saturday night, the Galieris clung onto hope that Bonnie had survived. They followed various leads, driving around to veterinary surgeries in search of the lovable brown-eyed beagle that had chewed through many shoes and stolen their hearts. At their final stop, they got the news they'd been dreading, "Bonnie's dead". The couple, who say their dog was "like a child" to them and

believe there should be mandatory fire evacuation plans for animals at kennels, now plan to move house rather than stay and be haunted by memories.

"[Bonnie] would sleep

at the end of our bed every night, even though we had made every attempt to make her sleep in her own bed," Daniella says. "But, secretly, when my husband fell asleep, I would bring her up to lie next to me and we would just stare at each other until we fell asleep ... The circumstances of her death will haunt me forever."

"THE WAY IT HAPPENED WAS AWFUL. MY KIDS ARE DISTRAUGHT."



Trying to imagine the animals' last terrifying moments as the fire swept through the premises is anguishing for their owners. Firefighters say it would have passed through in a matter of seconds: a ball of searing heat, toxic smoke and flames. One can only hope their deaths were quick.

Most of the pet owners whom *The* Weekly spoke to believed that the Hicks did all they could to protect the animals in the face of what was an unforeseeable tragedy. The Hicks lost their family home, business and pets in the blaze, too.

"The way it happened is awful," Belinda says. "My kids are pretty distraught, but even they say it's not the owners' fault: they treated Toby like one of their own [dogs]. It was just a terrible accident."

Brittany has also defended the Hicks. "When I spoke to Paul on the phone, he was absolutely devastated," she says. "It broke my heart. They weren't under threat [until the fire came] and they thought they could defend the place. None of the hate is going to bring back any animals."

Swamped by inquiries after the fire burnt through their property, the Hicks resorted to Facebook to break the sad news - that "a large number" of dogs and all the cats (reported to be more than 40 animals in total) were believed to have died in the fire: "APOLOGIES FOR NOT ANSWERING ALL CALLS & QUERIES. THE FIRE CAME THROUGH THE KENNELS AND ANIMALS LIVES WERE LOST," they posted. "Apologies for putting such an awful posting on Facebook, but we have been unable to handle all the calls we have had ... We love all the animals ... in our care and are devastated by this. Our deepest sympathy to all who have suffered a loss."

This was how Trish Wallace, 40, learned her devoted 13-year-old moggy Delly had perished. "She was a bit of a grumpy cat, but she was always friendly and loving towards me. What happened is a real tragedy." Trish hadn't yet been contacted about Delly when The Weekly went to press, but does not hold a grudge and feels sympathy for everyone who lost their pets. ****

AMID ALL THE devastation, there was some hope: Jeremy the koala, who became the face of the bushfires when he was photographed being treated for burnt paws, is recovering well. An Australian Marine Wildlife Research & Rescue Organisation staffer says, "He's a cheeky little bugger. When we clean out his cage,

he jumps out and runs around, ripping up leaves and pulling out buckets. We're expecting him to make a full recovery."

About 45 dogs made it out of the kennels alive and one grieving owner, who did not wish to be named, was amazed to get a call from a vet days later saying her cat had been found clinging to life despite the cattery burning down. The Adelaide Advertiser gave an account of how Paracombe CFS Captain Darryl Hutchins, who lost two dogs of his own, saved a scruffy little dog called Gus by performing mouth-to-mouth resuscitation. "She's very lucky," he said.

As The Weekly went to press, the Mountfords were due to collect Toby's remains from the Animal Welfare League, which has been providing support to those who lost pets. "It will help the kids get some closure," says Belinda.

Returning home was tinged with sad reminders for Brittany. "Roger used to come and greet me every single time we drove into the driveway, no matter whether it was rain, hail or sunshine," she recalls.

Many families are planning memorials, plaques, portraits and statues as a way of paying tribute to their pets. None will be forgotten. As Daniella puts it, "Bonnie will always be alive in our hearts." ■





Mary's trains turn four

Prince Vincent and Princess Josephine visit the Arctic on the royal yacht for their official fourth birthday photographs, Juliet Rieden reports.

ELEBRATING THEIR fourth birthday, Crown Princess Mary and Crown Prince Frederik's youngest duo, plucky Prince Vincent and exuberant Princess Josephine, are starting to look really grown-up.

These photos, released for the royal twins' birthday on January 8, were taken when the family toured Greenland in August on the royal yacht. They show the siblings having a lovely time running

around onboard against the backdrop of the stunning Arctic scenery in this far-flung corner of the Kingdom of Denmark. The island is symbolic for the twins, who were each given a Greenlandic name, Minik (for Vincent) and Ivalo (for Josephine), in honour of the autonomous territory.

Technically, Vincent is the eldest, born at 10.30 in the morning, 26 minutes before his sister. After the birth, Crown Prince Frederik joked that he might

name his new prince Elvis, since the newborn shared his birthday with the King of Rock 'n' Roll. In the end, however, more traditional names prevailed and, according to Danish custom, were kept secret until the christening ceremony.

Aside from the pomp of regal occasions, the royal twins – with siblings Princess Isabella, seven, and Prince Christian, nine - have a very normal day-to-day life, thanks to down-to-earth parenting from Mary and Frederik. ■







HAIR, MAKE-UP AND GROOMING BY NICOLA JOHNSON. JAN WEARS SPORTSCRAFT SHIRT. LARA WEARS ZARA DRESS, BROOKE WEARS COTTON ON KIDS CARDIGAN AND COUNTRY ROAD SHORTS, KAYLA WEARS ZARA DRESS. THESE IMAGES HAVE BEEN RETOUCHED.

AN DAMEN IS an incurable optimist. When the father of three picked up a nasty virus four years ago, he was convinced he could shake it off - until he collapsed. When he was told he had developed a serious heart condition, he insisted he'd be okay to return to light duties at work after getting out of hospital.

Yet three months ago, the 44-year-old's positive outlook was no longer enough to keep him from death's door. Jan found himself being wheeled into surgery for a heart transplant at St Vincent's Hospital in Sydney just four days after being put on the waiting list. His own heart, ravaged by post-viral cardiomyopathy and regulated by a pacemaker, was barely keeping him alive. So, thinking of his beloved wife Silvana and three young daughters, and hoping he would survive to be part of their future, Jan closed his eyes and slipped into the oblivion of a general anaesthetic.

Unbeknown to Jan, he was about to make history with a groundbreaking "heart in a box" transplant, a world-first procedure in which a heart is removed from a dead body, then revived, kept warm and pumped with a nourishing fluid as it beats away in a transparent box, before being moved into his heart cavity. The pioneering team standing around Ian were confident, yet had an understandable "sense of trepidation" about what lay ahead.

Thanks to new technology, the heart beating within Sydney father Jan Damen came out of a box, as Clair Weaver reports.

PHOTOGRAPHY BY ALANA LANDSBERRY STYLING BY BIANCA LANE

Until recently, donor hearts could only be taken from the bodies of brain dead people who were still hooked up to a life support machine to maintain a heartbeat and keep blood circulating. The organ would be put on ice and rushed to its destination.

This new method has global importance because it means dead people who weren't on life support can donate their heart anytime within a half hour window after it has stopped beating. The "heart in a box" machine restarts a "dead" heart and keeps it beating as if it were "alive" for up to eight hours before transplant, compared to a maximum of about four hours that a heart would remain viable lying flaccid on ice in an esky. What this means is that a donor heart could be flown across Australia. including to remote hospitals, to save a life if needed.

Video footage of the new procedure shows the surreal moment a "dead" heart dances athletically back to life, then pounds rhythmically as blood and oxygen flow through it via a pump attached to its transit box, as it awaits entry into its new body. Overseas in the UK and Canada, there

were other medical teams working towards trying the procedure in human patients. Yet the Australian team had got there first.

UNTIL FOUR YEARS ago, Jan was the kind of person who never got sick. A non-smoker who ate healthily and drank in moderation, he was the picture of health. Living near the water on Sydney's northern beaches, he kept himself fit and enjoyed an active lifestyle with his young family.

Then he was knocked down with a mystery virus that came out of the blue. "I thought I just had flu. It wasn't until about the four-week mark that I realised it was a bit more than that," Jan tells The Weekly. "I pretty much powered through all that kind of stuff normally, but this time, I struggled." He went to see various doctors as he got progressively sicker, but none could figure out what was wrong.

Eventually, he collapsed and was rushed to hospital. It turned out Jan had post-viral cardiomyopathy – in other words, the virus had caused his heart to become damaged and unable to work properly. He also had pleurisy. Soon, Jan felt as if he was stuck >



in revolving doors going in and out of hospital.

Forced to take a few months off as a carpenter, Jan insisted he would be okay to return to work if he took it easy, but found he kept getting ill. Practising Eastern therapies, reiki and QiGong, seemed to provide relief for a while. The damage to his heart, however, wasn't reversible and his health deteriorated again.

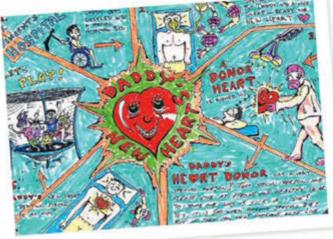
While life had become difficult and frustrating for him, Jan reckons it was worse for his wife, Silvana. She put her work and study plans on hold to take over running the household and caring for three small children, while worrying about her husband's health as he grew sicker before her eyes. Some nights, his breathing was so shallow, she was unsure whether he was going to wake up in the morning. "There was always the fear in the background," she says. "Like if he said, 'I want to drive the kids somewhere', I would think, 'What if you drop dead?'"

Eventually, Jan was put on the transplant waiting list. Because he signed every consent form he was given (including one that agreed he would undergo new treatments if they became available), he was the perfect candidate when a match became available.

At 6.30am on October 7, Jan and Silvana got a phone call asking them to come into St Vincent's Hospital. Explaining to the kids that Dad was "going to get his heart fixed" and making arrangements for neighbours to pick them up from school, they drove into the hospital, unaware of the true enormity of what lay ahead.

For Silvana, the five-hour surgery felt like a long wait. When she heard Jan had undergone a radical new procedure, she wasn't interested at first - "I just wanted to know he was going to be okay," she says.

Yet for surgeon Kumud Dhital, cardiologist Professor Peter MacDonald, who has been working on ways to extend the preservation of donor hearts for more than 15 years, and their team, it was cause for celebration: their second successful case after 57-year-old Michelle Gribilas underwent the procedure several weeks previously. Now they knew it wasn't just "getting lucky" - their procedure worked.



"I didn't even think about my heart - I was struck by the clarity in my head after feeling like I had a hangover for so long."

"There's a degree of anxiety with trying something new," admits Dr Dhital. "But we had prepared as best we could and if you wait for absolute perfection, you would never get anything done," he says of the risks involved. "Thankfully, it worked."

When Jan regained consciousness, he wasn't groggy or in pain as you might expect. "I felt this amazing clarity," he says. "I didn't even think about my heart at first - I was just struck by the clarity in my head after feeling like I had a hangover for so long." To the doctors, surgeons and nurses, he said, "Mate, you are legends".

He has recovered well, but still requires regular check-ups and rehabilitation as his body gets used to his new heart and a regimen of immunosuppressant drugs. Back at home, for their daughters, nineyear-old Lara and seven-year-old twins Brooke and Kayla, it was a lot to take in. Suddenly, their dad was on the TV news and while they understood he was getting fixed, they were understandably a bit "freaked out" by images of a real heart, raw and shiny with blood, beating away in a box. Seeing this, Jan drew them a cartoon of the procedure (above) so they could understand what had happened in simpler terms. Now a screen printer, Jan has clearly passed on his artistic talent to his polite daughters, who created a heartcovered chalk backdrop for The Weekly's photo shoot.

Amid all the happiness, Jan's mind often turns to the original owner of the heart now beating in his chest.

"It's a rough one because as I am getting better, there's a family out there going through the process of grieving for a loved one," he says. "I think we should pay our respects because someone else ticked the box to be an organ donor."

In Australia, organ donors' and recipients' identities cannot be revealed to each other because it can create complications. Yet Jan received an unnamed letter from the parents of his donor – a positive and heartfelt message - and he has written back to them. It has further strengthened his resolve to take the best possible care of his new heart.

At St Vincent's Hospital, the team has now performed the procedure on three patients. Their "heart in a box" work, which is funded by charitable donations, is expected to boost the number of transplants carried out each year by between 20 and 30 per cent.

For the Damen family, 2015 looks bright. They're planning a road trip along the coast over the Easter break - one that doesn't get cut short or overshadowed by emergency hospital admissions.

Silvana is looking forward to being able to relax more, as Jan has been sick for most of his daughters' lives. They'll see Dad return to his former glory – an energetic man who can run, swim, play and swing them around in the air. "I can't wait to get back in the surf," he says. Neither can his girls, whom he enrolled as nippers in Surf Life Saving, but has never been well enough to join in the water. "It's been quite the journey," Jan says. "Now we get to start kicking goals again." ■

* To support the St Vincent's Heart Lung Innovation Fund, which enabled the "heart in a box" surgery to become a reality, visit supportstvincents.com.au. * To become an organ donor, join the **Australian Organ Donor Register at** donorregister.gov.au or at a Medicare **Service Centre.**

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When your body is your livelihood, you go to extraordinary lengths to maintain it. **Bryce Corbett** asks some of our most famous bodies how they keep in shape.

PHOTOGRAPHY BY DAMIAN BENNETT STYLING BY MATTIE CRONAN

THE BEAUTY QUEENS

Between them, they have laid claim to three Miss Universe Australia crowns and represented our country in the world's most famous beauty pageant. Brought together by *The Weekly* for their first ever joint photo-shoot, Laura Dundovic, Rachael Finch and Jesinta Campbell each rely on their bodies for their occupations. And while they're all relatively young and genetics have blessed each woman with a naturally fine physique, they say they still have to work hard to keep it looking so good.

In between reminiscing about their early days bunking together at various pageants around the country, the three young women each spoke of the importance of a holistic approach to diet and exercise, emphasising that one doesn't work without the other.

For their diet and exercise regimens, as well as those of other famous Australians, turn over the page ... >



SALLY PEARSON

Sally shows up to our morning photo shoot having already woken at 5am and done two hours of intense water sprinting in her backyard pool. She trains six days a week – varying her exercises from sessions in the weights room to lots of abs and core strengthening work, plus more single leg squats than you could poke an Olympic hurdle at. She has the kind of finely sculpted shoulders and biceps that most blokes would kill for. Yet lurking inside Sally Pearson – our Olympic gold medal-winning hurdles champion – is an overeater just waiting to escape.

"I've always suspected if I didn't train six days a week I would be as big as a house," says Sally, 28, who is preparing for the world championships in Beijing this August. "For most of the week, I am really careful about what I eat. Before training, I need foods that fuel me – lean meat stir-fries with noodles or rice – and always three hours before I train, otherwise I bring it back up and that's never much fun. But on the seventh day, I indulge – spaghetti bolognese and cheesecake are my two weaknesses."

Her favourite body part? "Definitely my abs. I work hard on them and I hate it, but a strong core is vital to my sport."

Her least favourite body part? "That would be my glutes. Glutes are all-important for hurdling – that's our motor. And most of the black girls I race against are blessed with a big booty. Us white girls have to work hard to get a good bum."



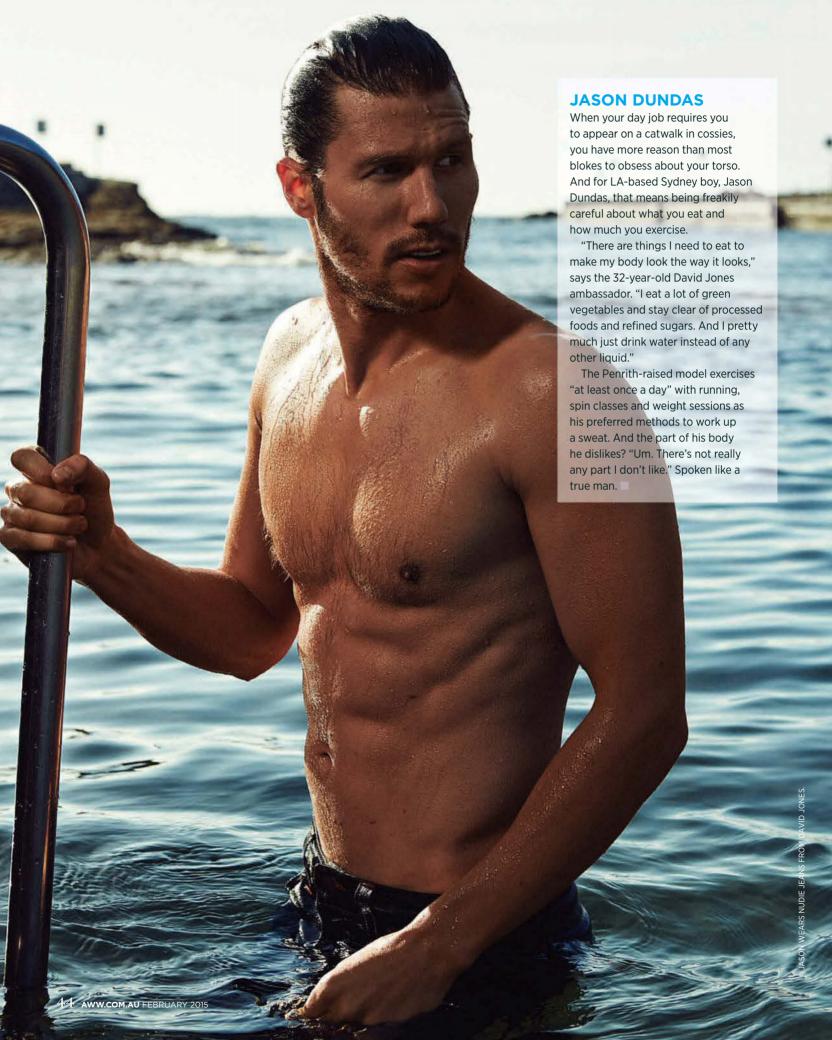












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Samantha Armytage *Take me as I am*

Sunrise host Samantha Armytage knows she has a strong and healthy body, so she's tired of the "curvy" tag. She tells **Michelle Endacott** we should all learn to love our body - and play up our best bits.

PHOTOGRAPHY BY MICHELLE HOLDEN STYLING BY MATTIE CRONAN

HERE'S A bounty on Samantha Armytage's head. Paparazzi are all out to catch the Sunrise TV co-host unawares in her swimsuit at the beach and the tabloids will pay \$30,000.

Such is the mystique around the Seven Network star that when she cut her hair the story was at the top of online news sites for a day. So, today, Sam is taking charge. "If everyone wants me in a swimsuit, it might as well be on my terms," she proclaims.

It's a myth that the sun always shines in Sydney. It's 10am on a miserable day when Samantha turns up at the house *The Weekly* has hired for our cover shoot. It's on a hillside in exclusive Rose Bay, overlooking the harbour and safe from



paparazzi – or passers-by armed with a smartphone and a keen eye for a quick buck.

"Two years ago, I'd go to the beach in my swimmers and nobody cared. They wouldn't blink," Sam says. "Now, I always think twice before going to Bondi. In fact, I can't really swim there anymore."

She's arrived direct from three hours of live TV and seven hours after she rolled out of bed. Her face is caked with thick on-air make-up, but she's chatty to the make-up artist as he transforms her from TV-ready to magazine-cover ready. (Yes, there is a difference.)

"I have to be really careful with my lips," she tells him. "If they are too red, we will get calls all morning from viewers saying it looks like I've been in a nightclub all night. And that's distracting from the stories I am trying to tell, so I aim to be conservative."

Indeed, viewers feel like they "own" Samantha – she is one of them. It's her girl-next-door charm, which is also winning the ratings race against arch rival *Today*. It's that easygoing nature that led to this cover shoot.

"The Weekly called me on Saturday afternoon and asked me if I would do it. I'm not vain enough to think I am Gisele [model Gisele Bündchen], but I am also not lacking in confidence

to think I'm not some type of scrubber who should not wear swimmers. Plus, I've never done a swimsuit shoot before. They are terrifying words together, but I just thought, why not?"

Within hours, the photographer and location was booked, and swimsuits (for the record, all size 10 or 12) were called



Samantha's girl-next-door charm has won her fans. "I'd describe myself as quite strong and healthy, nothing terribly flash. Take me as I am."

in from designers. And also for the record, a shoot like this usually involves hours of discussions with celebrity agents and managers about how many centimetres of flesh can be shown and which parts of the body (yes, really), and what topics will be off limits in the interview, plus haggling about approval of the pictures.

None of that happened – and that's how Sam found herself in Rose Bay on a slightly chilly Thursday, to emerge from her second round of hair and makeup for the day, and wriggle into a blue \$380 Lisa Marie Fernandez swimsuit.

Outside, big warm drops of rain are still pelting down and the crew is struggling with shelter tents and lights and leaves in the pool, but in a 10-minute break of sunshine, Sam pops into the water for our shoot. "I love to do stuff like this, I wish it was warmer, but it is quite invigorating," she says.

"Nat [Sunrise newsreader Natalie Barr] had said, 'Good on you for doing it' and she will be dying of laughter when I tell her what the weather is like."

So how does she feel about her body? "I do become a bit sick of the 'curvy' tag and being seen as a representative of normal women because none of us is terribly normal," Sam says.

"It is something people talk about and what I look like resonates with other women. I don't describe myself as curvy. I'd describe myself as quite strong and healthy, nothing terribly flash. Take me as I am."

Samantha says she is horrified to hear stick-thin young women at her network >



moaning about their weight. "I never sought to be a model and I am not a model. I look at the girls with the long limbs and the long hair, and the really athletic build, and that is not me," she says.

"Even if I starved myself, I would not have that physique. I look at the women in my family and I see my genetics. As I get older, I tend to put on weight easier and I have to work harder."

So why did Sam decide, at 38, to pose for her first-ever swimwear shoot? "Part of me is now starting to think, okay, if everyone is going to talk about my weight incessantly, then let's have the conversation," she says.

"I'm a TV host and a journalist, so it actually bamboozles me that people would care about me. If some woman out there reads my story and says, 'Gee, I can relate to this girl', or 'I'm a size 12 too and made to feel bad about myself, so everyone else can just bugger off.'

"I think life is too damn short - unless you're a Hindu. You only get one life - have fun, embrace who you are, what you are and what you do, and have an interesting life. Don't worry about your thighs or arms or bum – just like the good bits!"

Sam's "overnight success" has actually been almost two decades in the making and she realises it could end at any moment. "I can't see the point in being high-maintenance," she says. "TV is a tough business for either sex and they will get rid of you at any point, either man or woman, if you are not performing.

"And it can be anything that trips you up. Years ago, they actually had a meeting in the boardroom about what to do with my hair, with news directors and executives, it was a really big thing. It is talked about all the time, but it's a fact of life.

"TV is an aesthetic medium and what we look like is important, whether we like it or not."

Sunrise executive producer, Michael Pell, says Sam was an "obvious choice"

Slowly, I've realised my boobs are a part of being me and I've started to embrace them. After I interviewed hot swimsuit model Kate Upton for her movie The Other Woman. I suddenly thought, hey, boobs are really sexy. They're not something I should hide or wish away (it only took me 36 years).

Like it or hate it, weight is closely linked to confidence. I've only recently purchased scales. I've come to the conclusion that it's valuable to have a set because it's important to be responsible for myself. I should know how much I weigh. I don't have to share it - in fact, it is no one's business but my own. If the numbers start to creep up, I can do something about it.

I walked past a blackboard sign at my local farmers' market that read, "Love food that loves you back". Brilliant. The best advice I've ever been given is. "If your grandmother wouldn't recognise it, it's probably best vou don't eat it."

Visit your GP for a check-up and blood test to see where you're at. I regularly have my zinc and magnesium levels checked. If these levels fall, my energy levels drop, digestion will falter and I put on weight.

Please learn to love your body, whatever shape you come in, and make the most of it. Don't get me wrong, I am not endorsing being overweight. The aim is to be strong, healthy and vital.

My weight goes up and down dramatically. I can be very hormonal. I have an addictive nature and, like a lot of women, eat emotionally. I eat when I'm sad, angry or bored, not when I'm hungry. I try to be aware of this and control it.

-Work out what part of your body is beautiful and play it up - and don't fret about the stuff you don't like. If you don't like your arms, cover them up. If you think you have got a big bum, wear an A-line skirt.

Tips from Shine by Samantha Armytage, published by Hachette Australia, \$24.99.

when the co-host's role came up. "She had a certain charm about her," he says. "She is a great journalist and a terrific storyteller, plus a cheeky knockabout girl. Her chemistry with Kochie [co-host David Kochl was instant.

"I think she is like everyone else – she has good days and bad days. On air, she will say, 'I feel grumpy today', and the audience will say, 'So do I'.

"As for her body, weight is completely irrelevant to how someone can do their job. Does her not being stick-thin make any difference? I don't think so. But then again, I am a skinny guy and nobody wants to hear a skinny guy talk about someone's weight."

Michael says Samantha has no airs and graces on set, and has never asked to be shot from a certain angle, or ordered cameramen to refrain from going in too tight.

So is Sam, who will turn 39 this September, worried about ageing? "Nobody is losing their job for being too old on TV these days," she says. "There are so many gorgeous-looking, clever, older women on television and though they are in their 50s, none of them look it. I am one of the youngest."

Sam says that after her body, the next question is always about her love life. When Sam interviewed Nicole Kidman in December, Nicole said of her husband, Keith Urban, "I'm so lucky to have found him. I was 39 when I met him. Come on, when do you meet the love of your life at 39?" And Samantha quipped back, "You're good inspiration for me, I'm 38." Nicole then made a sweeping hand gesture and said, "There's the fairy dust", to bring romance to her life. Sam declared, "I hope you're right", and promised Nicole to keep her updated.

Yet Sam says 2014 was the year of climbing the professional ladder. "I've actually had a really nice period of my life. For the first time in my life, believe it or not, I've focussed on career. And my >





SAM'S STYLIST **ALEYSHA CAMPBELL SHARES HER SECRETS TO** DRESSING SAM FOR SUNRISE

■"This sleeve length really suits for someone with a bust. Sam has River Island, which based in the UK and is really affordable."

▲ "The fuschia top is from **Howard Showers from** Myer and the skirt is from like to introduce a little blonde hair and blue eves - looks great in bright colours. I have belted the top to define her



"The contrasting coloured Showers dress give the illusion of a smaller waist."

really flattering style for \$150, is fitted at the waist The pencil skirt is in a colours work well together."



print is lovely and the line flattering. Sam loves out her eye colour. For flattering sleeve length a bit more coverage, which is important when you're moving about on-air. You could easily dress with a change of accessories."

career really went up a notch. I got so busy, I really had no option.

"Before, I had been through a not terribly nice relationship and I think I needed a bit of healing time and a bit of time with me, which I have had, and now I have really got my mojo back.

"I think 2015 will be a good year for me personally, whereas 2014 was about the job and work, and focussing on that.

"At 35, I was far needier than I am now. In the past few years, I have bought my own house, I've bought property. I've found I don't need a man to do any of those things.

"It would be nice to have the company and to meet someone lovely, but I'm not going to date the wrong person again, just out of neediness, or just because I think I need to be married.

"I'd like to have children and I don't think that is impossible. I'm not stressed about it, which tells me that I'm okay. I think I'm pretty clever, so if I knew I was running out of time I might start to panic a bit, but I'm not panicking yet. So I just have to trust my own body, that it will happen if it is meant to. I am very happy with my life."

Yet even Sam goes through down times and she has found a kind, listening ear can help. "I have somebody I talk to every now and then if I feel the need, who is not even really a professional, she is just a wonderful woman, sort of like a life coach, but she is not. She is just a wise older woman who I can chat to.

"I think everyone needs someone, who is not involved in their private or professional life, who they can talk to."

And most Sundays, Sam tries a digital detox – staying away from the internet and mobile phone. "I have a propensity to be addictive - I can check Twitter or Instagram 50 times a day, which drives me crazy," she says.

Yet, for today, the mobile phone is ditched in favour of the swimming pool. And for the record, Samantha was not paid for this shoot. Take that, paps! ■

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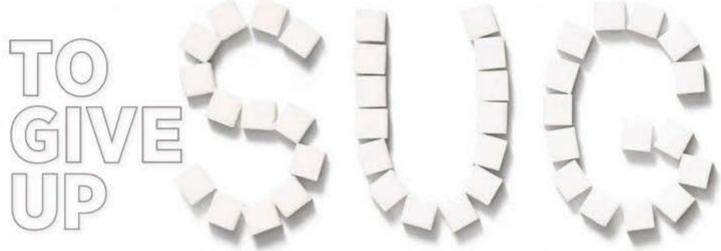
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The woman who



Former *MasterChef* host Sarah Wilson copped a lot of flak with her message about why we should quit sugar. Now, she's fighting back, writes **Michael Sheather**.

PHOTOGRAPHY BY DAMIAN BENNETT STYLING BY REBECCA RAC

ARAH WILSON, THE woman who quit sugar and encouraged hundreds of thousands of Australians to follow suit, is waving a beetroot leaf like a conductor directing an orchestra – except that we are in a kitchen-cumphotographic studio in Sydney's inner-city industrial heartland.

Yet it's clear Sarah Wilson runs her life to a rhythm that's distinctly hers. Scattered across the tables, chairs and the floor are sheets of paper, replete with personal hieroglyphics – sketches, arrows, directions and scribbled notes.

"We're going to need that tofu in a minute," she says to her staff busily prepping in the kitchen. "Is that quinoa salad done? Can we move the background to the left a little – does that work? And what about the chocolate slice?" She fires out directions and questions that rattle off her tongue with a staccato precision.

"I sound so bossy, don't I?" says the slender 41-year-old, discarding her beetroot leaf baton. "I know I do. I don't mean to be. It's the way I am. I lie awake at night and write every single one of these recipes. I have to be hands-on at every stage. Maybe when I get to be as big as Jamie Oliver, I'll learn my lesson and allow myself to let go a little."

She may not be as big as Cockney chef Jamie Oliver yet, but Sarah Wilson is well on the way. Sarah, a former journalist perhaps best known to Australians as the one-time host of TV's *MasterChef*, is one of the country's most successful authors, with 300,000 book sales in Australia alone and as the public face of a burgeoning online business empire, which is estimated to be worth more than \$2 million per year. In addition, her products and international book sales are worth an estimated \$5 million.

Not so long ago, Sarah was a self-employed blogger and columnist. Today, she employs 18 staff, is published in 42 countries, attracts 700,000 people to her website every month and, two years after its publication, her *I Quit Sugar* is still one of the country's top 10 selling books.

All up, more than 600,000 people worldwide have followed her lead to shed sugar in the quest for wellness, vitality and – almost certainly the real sweetener – the hope of significant weight loss.



Yet that success has also made her a target. In recent months, Sarah has attracted criticism from dietitians and nutritionists, who cite her lack of formal qualifications to offer advice about dietary issues.

It also means she finds herself mentioned alongside controversial chef Pete Evans, whose high-profile adherence to the "Paleo" diet that promotes poultry, fish, eggs, some fruit, vegetables and meat, but excludes legumes, grains and dairy, has raised concerns among many health professionals.

Susie Burrell, one of the country's leading dietitians, recently let fly at both Sarah and Pete Evans. "Every single person is different and we are not saying [people] should not eat less-refined food and sugar, but to say, 'Don't eat grains and all sugar is bad' - these blanket statements are the problem," Susie said.

However, the real problem, says Sarah, is that some people misunderstand her message. "Too many people like to lump me in with Pete Evans," she says.

"I have problems with some of the things Pete says, too – massive problems. Becoming militantly anti-legume, for example, is ridiculous. They are perfectly fine if you prepare them properly. I don't see myself as an extremist. My program is about moderation."

Others agree. Respected dietitian and nutritionist Dr Rosemary Stanton says that Sarah's program is broadly on the right track and that we all need to cut excessive levels of sugar from our diet.

"I am in total agreement with her that we need to cut sugar intake," says Dr Stanton. "I don't see her as an extremist at all. But people who recommend that we stop eating grains, legumes, carrots, peas and fruit – that's just crazy."

Nor does Sarah claim that her program is some kind of magical cure-all. "My book is called I Quit Sugar not You Must Quit Sugar. I gave it a go because I suffer from an autoimmune disease and I researched the hell out of it. I tell people, 'This is how it worked for me and if you'd like to try it, it might help you, too."

At the heart of her program is a belief shared by many health professionals that sugar, especially sugar added to processed foods, is something the human body needs to avoid because it contributes to so many health problems, including obesity, high



blood pressure and heart disease, and a raft of other problems.

Sarah started her battle with sugar and its affects seven years ago, after discovering she suffers from Hashimoto's disease, an autoimmune disorder in which the body's immune system creates antibodies that attack and damage the thyroid gland, diminishing the release of important hormones into the body. This, in turn, slows the body's metabolism and causes lethargy, fatigue, weight gain, depression and, if left untreated, can be fatal.

"My blood sugar

was exploding and

I was close to

heart failure."

In Sarah's case, that meant a weight gain of 12-15 kilograms and much more. "The doctors took one look at my blood test results and said it was a

wonder I was still standing," Sarah says. "I was off the charts. My hormones were all over the place, I was peri-menopausal, though I was only 34, my blood sugar was exploding and I was close to heart failure.

"As shocking as that was, it was something I needed to hear. I was a magazine editor. I was in the limelight. I thought I could do it all and then it all came crashing down."

What resulted, she says, was a long dark night of the soul and a period of depression in which she threw in her job and pared back her possessions to what she could carry in a suitcase.

"I moved to Bryon Bay and lived in a cottage surrounded by seven hectares of bush," she recalls. "I was very lonely and there was a lot of wailing to the trees."

Yet her ordeal eventually helped give her some perspective. She began writing columns about her personal journey to find wellness and good health.

"One day, I wrote a column about how I quit sugar," says Sarah. "It was so popular, I put it on my blog and then followed it up with another article and then another. It just took off and, eventually, people started to ask if I could put it all in one place.

"I came up with the idea to put it into an ebook, thinking it would not sell more than 100 copies or so. But it sold much more than that and that's when the book publishers started to take note." It's one of the few times in Australian publishing that a traditional book publisher has followed an ebook's success and it put Sarah into an extraordinary bargaining position.

"I've never been a person concerned with money," she says. "I still ride a bike. I don't have a car. I wear the same clothes over and over. At that stage, I didn't care about material possessions. I don't even like shopping malls. So I wasn't negotiating for a huge money price for the book deal, I was negotiating to keep

control of the online audience that I had already established."

What resulted is a hybrid that bridges both the old and new worlds of publishing, and is unique in Australian

business. "If I do something new online, then the book sales go up," says Sarah. "If I do something about the books in the media, then the online sales go up. It's proving that the two different types of media can complement each other."

She admits, though, that many of the people who sign up for her eight-week program are looking for weight loss, rather than a holistic wellness.

"I don't promote what I do as a weightloss program," says Sarah. "It's actually a sugar detox program, although – and I have to be honest here – a lot of people come to it because they want to lose weight and are curious to see if quitting sugar will help them do that.

"What cutting your sugar intake will do is allow you to experience what I call 'food freedom', where you can eat what you want when your body needs it – not because your body is addicted to a substance such as sugar."

Even so, she is astounded by her success. "I didn't set out to create a business or anything like that," she says. "I just wrote about taking sugar out of my diet in a column and it took off from there. But I feel good that so many people have taken on the message. All I have ever hoped to do is perhaps show people a way to feel well.

"It's not easy to cut down on sugar. It's all around us, in our bread, drinks, our food. About 80 per cent of all packaged foods that line our supermarket aisles contain added sugar in some form. A glass of apple juice, for example, has the same amount of sugar as five apples and you'd never sit down and eat five apples all at once. So you have to read labels and look critically."

Her program recommends the same level of sugar consumption as the World Health Organisation – about 5 per cent of total kilojoules. "I still eat chocolate," she admits. "But I stop after one or two pieces. I won't say I'll never have cake again, but it's not all the time. And I recommend a glass of red wine with dinner, too."

Today, Sarah says her health is almost back to normal. She has shed her excess weight and lowered her medications for her thyroid condition by more than 90 per cent.

"I started down this path to address my own health issues," she says. "I'd depleted my body's hormones and was perimenopausal. Cut to six months ago and my hormone levels are back in the normal range. I currently have no hormones attacking my thyroid. And I put it down to reducing sugar. It might be different for others. All I can say is, try it and see."



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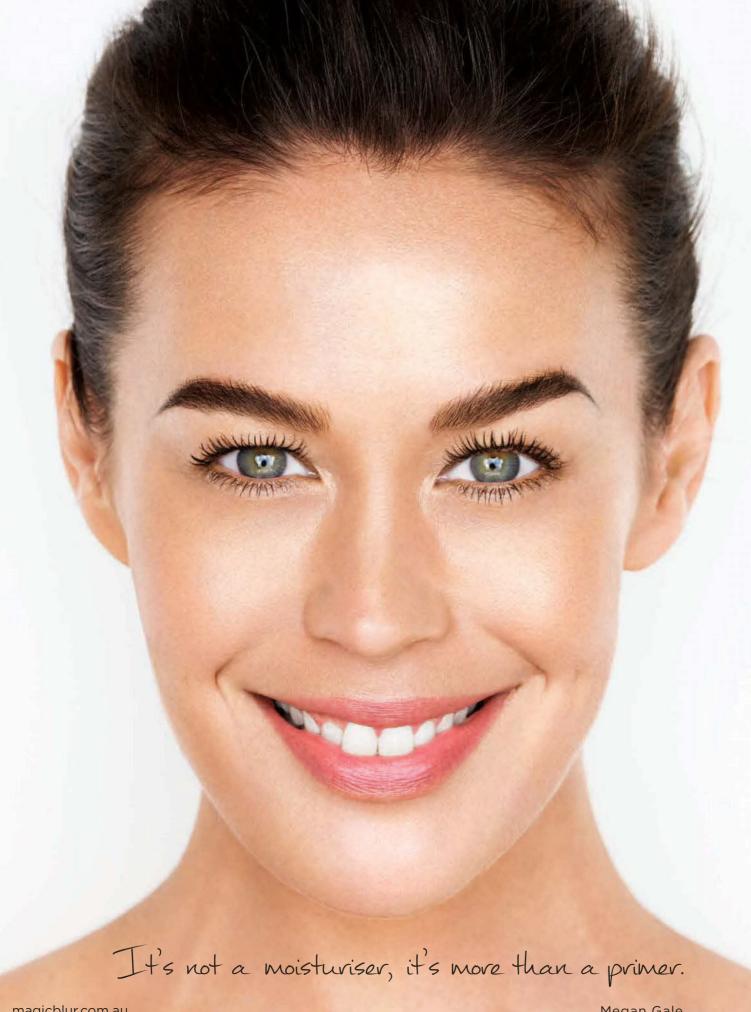












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Sucker for the maths diet

The minute she heard about the 5:2 Diet fad, **Amanda Blair** knew it was for her. Now, if only she could make it all add up to a trimmer self.



Being a sucker for a fad diet, I was ripe for a new one. T WAS THE photographic evidence that did it. Me emerging from the surf in my bathers. In my mind, I was a vision splendoured. Sure, a little worse for wear after having four children (and a penchant for vanilla slices when my blood sugar levels were a little low, when I was sad, when I was feeling happy and also whenever I walked past the bakery). Still, at 46, I thought I could still shake, shake, shake that booty with some confidence.

And shake I did when I noticed my thighs had experienced a late growth spurt. What was I to do? Yes, I'd been exercising moderately like we've been told we should. I'd given boot camp the boot some months ago, making the decision that being yelled at by somebody other than my children before 7am did not make me a better person, or improve my world view. So, instead, I'd focused on finding an exercise regimen that best suited my lifestyle. I took the stairs instead of the lift. Mostly ... sometimes ... well, um, actually ... truthfully ... only if going up two flights or less. At my age, I get hot flushes just sleeping, why create more?

I'd been walking rather than driving. Except recently when I travelled from Adelaide to Melbourne, not being able to decide on the appropriate footwear for such a journey. Then there's my latest activity – cycling. I've bought a retro mint green, mid-life crisis bike with the comfortable seat, thinking I'd look stylish riding

around the suburbs, the wind in my hair and a baguette in the cane basket. Unfortunately, the ugly helmet prevents the wind cascading through my locks and my husband says it makes me look like an extra from M*A*S*H*. The only sweat I seem to build up is when I'm forced to continually bend down to pick the baguette up from the road. Wobbling so badly, not

having been in the saddle since '83, the loaf doesn't linger longer than 98 seconds in the basket.

So it must be my diet. It needed to change. It's fundamental, isn't it? Calories in minus calories out equals weight loss. Simple. Being a sucker for a fad diet, I was ripe for a new one. I'd done protein-only diets, where you eat nothing but cheese and steak - and lost nothing but friends. They packed their bags, bored with my endless conversations about constipation and bad breath. I'd juiced myself sick thinking liquid might go through me more quickly and the calories would have no chance to grab onto my love handles on the way down. I'd gone for Army diets, the Heart Foundation diet, shake diets, pre-packaged food diets, the suck-nothing-but-a-lemon-through-astraw diet and the eat-one-vegetable-per-day-andnothing-else diet. In the diet wash-up, I learned that you can't juice an avocado, that if you eat too many carrots you do turn orange and that there are a lot of people out there making money from vulnerable people.

Then I discovered the diet du jour – the 5:2. It has more celebrity endorsements than a Kardashian and also, like a Kardashian, managed to turn what is very little content into a successful TV show, phone app and extremely easy to read book. Yet, unlike a Kardashian, doctors have said it's good for you. It had me at hello. Actually, it had me at you get to eat all you like for five days (and then cut back a little for two). I've really stuck to it and, unlike others, it hasn't caused me any great pain. Day one, I had bacon, eggs and a skim latte. Then mid-morning, a handful of Savoury Shapes and an apple. Lunch was a beef sandwich, then for dinner I had spaghetti bolognaise and a delicious vanilla Drumstick. Honestly, yesterday was no trouble at all. I've got four more days like that, which I'm sure I'll be able to stick to, then I'll restrict on day six. Perhaps I'll replace the Drumstick with a Cornetto, drop the bacon and have spinach with my eggs instead ... yep, I've got this. ■

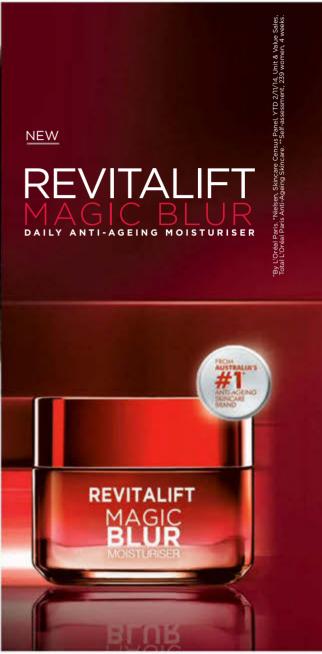
ABOUT THE WRITER

Amanda Blair lives in Adelaide with her four children and a husband she quite likes when she sees him. In her spare time, she talks a lot and sometimes does it on the radio and the telly.



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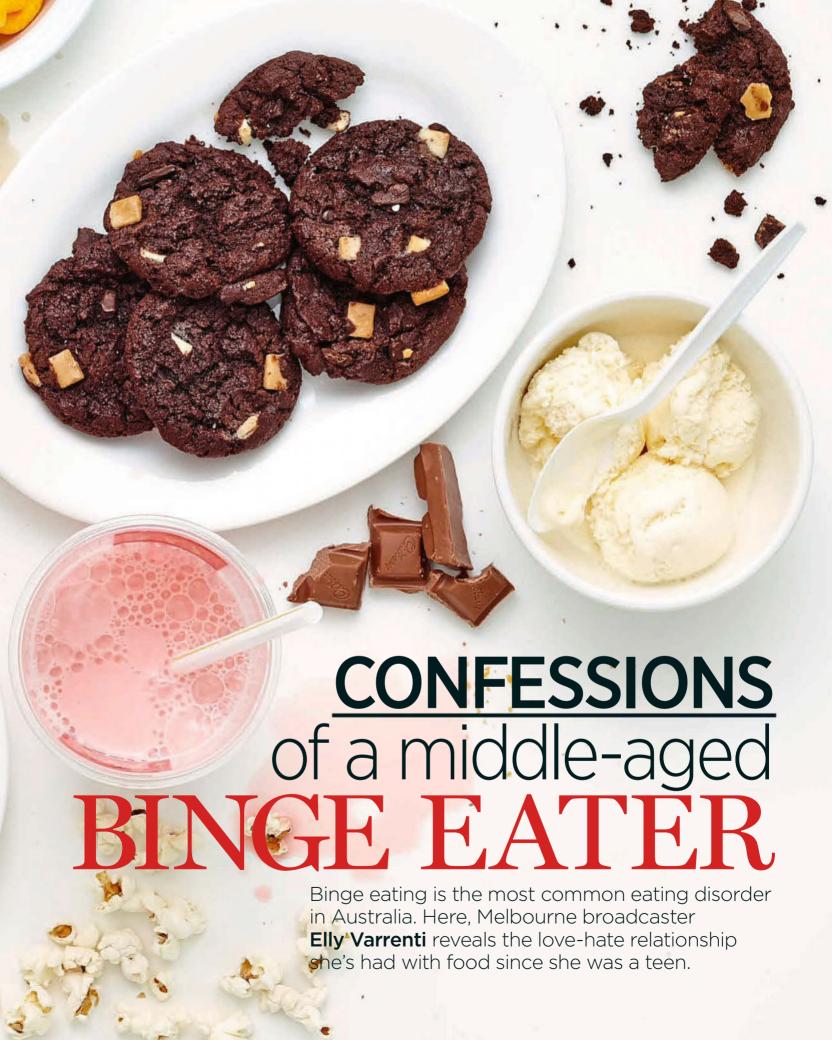
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70% OF WOMEN SAW AN IMMEDIATE DIFFERENCE.**







'VE JUST EATEN a litre of vanilla ice-cream, a packet of chocolate biscuits, a frozen cheesecake and seven dried figs in less than 40 minutes. Yet what's triggered this lack of control? Well, my laptop suddenly gobbled up the two thousand words I'd just written for this article and emotional eating has been a big part of my life for the past 35 years.

Given this article's subject matter, though, I'm more amused than ashamed: an emotion that usually engulfs me halfway through and following a binge, and that most likely sent me fleeing to food in the first place. There is something particularly abject about chomping down into a frozen cheesecake past its use-by date.

BED (Binge Eating Disorder), the most common of eating disorders in Australia and more prevalent than anorexia nervosa and bulimia nervosa, affects almost as many men as it does women of all shapes and sizes, incomes and ethnicities, and its occurrence in the over-40s-demographic has doubled in the past decade.

Most people still assume this kind of crazy eating is for teenage girls or celebrities, whose every visible rib, baby bump and puckered thigh are exploited for all they're worth and for all of us ordinary peeps to perve at.

However, I'm not a celebrity or a mid-lifer in denial of the ageing process and seeking love and acceptance from a vanilla slice. I'm an educated, middle-aged, middle-class feminist. So why can't I stop eating compulsively and start relating to food like a "normal" person?

In her book Midlife Eating Disorder, Cynthia M. Bulik, PhD, points out how, recently, BED in older people has been acknowledged as a serious illness and that, "in the medical field, typecasting eating disorders as teen disorders poses dangerous challenges for adult women and men seeking care".

My love-hate-but-mostly-hate relationship with food started when I was a teenager. My girlfriends and I would loll about at school talking diets, food, fat and calories, and how great it would be if only we were perfect. None of us

was overweight, but that's not the point. I was already hiding food from Mum, shoplifting Tim Tams and not eating in front of boys.

When I left home at 18 to go to university. I lived in a share-house and survived on take-away kebabs and the iam doughnuts one of my housemates routinely brought home from working at his dad's doughnut van.

I'd binge and starve, eat and fast, diet and exercise, and in between it all, and if I had the time and energy, go to university and waitress at a local cafe.

It was around this time and after a 10-day fast of cappuccinos and menthol cigarettes that I attended my first therapy session, and the physiologist gave me a little book called Fat Is A Feminist Issue by Susie Orbach.

Susie's take on the female body and self-esteem issues from a feminist perspective was a revelation and that she suggested giving up dieting and eating what I liked and when I wanted was welcome relief. For a time.

I binge when in extremis – extremely bored, sad, pathetic, in love, self-hating, procrastinating, anxious, frightened, rejected, drunk, happy, sexually frustrated.

I binge when my 12-year-old son is asleep. I eat in bed while I'm reading. I consume calories like the Cookie Monster when I'm watching television and I can devour the pantry while on the phone, as long as the other person does most of the talking.

I fret I am not a good role model for my son, that I am projecting onto him my own disordered thinking and that he has inherited the same binge-eating schema.

Sometimes, I'm grateful I don't have a live-in partner because my BED is plain embarrassing and I'm too old and self-aware to be so out of control and focussed on food when there's still so much else to do, like trying to keep kids out of barbed wire enclosures for one thing.

Maybe it's because of my disorder that I don't live with a significant other. Or maybe I don't want one and I keep a hold of my "issues" as a form of self-sabotage.

I'm an educated, middle-aged. middle-class feminist. So why can't I stop eating compulsively and start relating to food like a 'normal' person?

"Partners and children suffer when adult women and men are afflicted," writes Dr Bulik. "The cost of treatment renders families destitute and destroys relationships. Intimacy is crushed by body image concerns. Trust in relationships is shattered as women and men desperately try to hide their illness from others."

I dissemble around my relationship with food. I cancel social occasions and work commitments. I hide at home. I make pretend excuses as to why I'm not eating at a dinner party because on the way there I'd actually stopped off at a 7-Eleven and gobbled up enough junk food for an end-of-season footy bash.

It's hard navigating intimate relationships at any time, let alone when an eating



Elly Varrenti has lived with BED (Binge Eating Disorder) for 35 years and acknowledges that extreme emotions often trigger the disorder.

bedroom, I can. I do. BED can be an expensive habit.

My BED has waxed and waned over the years. For weeks and months, I'd be fine, in control, my illness manageable, and then – wham! – one emotional trigger and I'm off again and gorging.

When my sister died four years ago, my BED was triggered big time and I also took up running. A lot. In fact, I couldn't stop moving. I began training for a half-marathon.

My grief had turned my life onto high flame and I was in psychic-free-fall, and as I fell, I began to drink and to take Valium to help me sleep. Within six months, I had become a bingeing, alcoholic, grief-stricken, drug-addicted, promiscuous marathon runner.

These days, I still run, but far less obsessively, drink only occasionally because the alcohol can trigger a binge and listen to book readings on a podcast instead of downing Valium to get me to sleep at night.

Food is the "good girl's drug" as Sunny Sea Gold describes in her book *How To Stop Using Food To Control Your Feelings*. I've used benzodiazepines, alcohol and tobacco occasionally, but food remains my drug of choice.

The grief is still there, that will never go away. When I have sex, I make it as free of mind-altering substances as possible. It's sexier that way.

Obesity and eating disorders are a capitalistic dream, but we are forever blaming the individual instead of the food and those who are financially invested in our consuming it.

"Because who should be shamed are the food companies that are producing foodstuffs that aren't even food," writes Susie Orbach. "Who should be shamed are the corporate structures not the individuals."

When the man with whom I was having a relationship decided – around the same time I was retrenched from my long-term tertiary teaching position early last >

disorder can dictate how you feel and think about your body. And by extension, how you feel about someone else touching it, looking at it and planning on enjoying it.

I love to cook for friends and family, but how can I do this when I'm "in the food" as the OA (Overeaters Anonymous) 12-Steppers would say. "In the food" means being in the zone that is the binger's private's hell.

In 2012, BED was added to the DSM-5 (*The Diagnostic and Statistical Manual of Mental Disorders*) and now has its own set of criteria as distinct from the other more widely known eating disorders.

According to the DSM-5, a diagnosis of Binge Eating Disorder (BED) is characterised by "recurring episodes of

eating significantly more food in a short period of time than most people would eat under similar circumstances, with episodes marked by feelings of lack of control."

Some days, I wake up with a major food hangover and the nausea, fatigue, anxiety, fuzzy thinking, Irritable Bowl Syndrome and depression are debilitating.

Living with an eating disorder when you're a grown-up with kids, a mortgage, an 82-year-old mother who knows you inside out and a job is both harder to hide because of all the responsibility, but often easier to get away with, too.

If I want to drive to the shop, come home and consume a \$50 fix in my



year - that it was easier to pay me to go away for a week to a health retreat than to commit to me, I was thrown into a bubble of boundary controls and extreme sports.

I stopped bingeing and gave myself over wholeheartedly to the control of a suite of clean-living life-coaches and organic chefs, naturopaths and flower readers.

I felt great after that week at detox boot camp, but it's impossible to maintain that kind of regimen in one's own environment. After three weeks at home, with my relationship in disarray and my finances, too, I began to retreat back into food and the whole cycle began again.

BED does not just screw with your brain – it can stuff up your body also. "Some, but not all, of the complications associated with BED are secondary to obesity, such as Type 2 diabetes, gallstone, high blood pressure, stroke, digestive problems and high cholesterol," says Dr Bulik.

Going through menopause has also contributed to my renewed "enthusiasm" for bingeing. While my hormones rage and I do, too, I use food as company when I'm not up to any other kind. Yet it's the regular exercise and healthy eating, in between the less frequent binges these days, as well as the therapy, that has all kept me from going completely nuts.

And being honest. Writing and talking about my condition has been a way to cope, although my mother is appalled I would go public yet again with another of my lamentations.

I used to hide food from Mum and my illness from everyone else, but no more. As the analyst D.W. Winnicott said, "It is a joy to be hidden, but disaster not to be found."

The Butterfly Foundation's National ED HOPE Line (1800 334 673) provides immediate relief from the distress eating disorders can cause, as well as connecting people with treatment providers. For more information, visit thebutterflyfoundation.org.au.

The Facts **BINGE EATING DISORDER**

Binge Eating Disorder (BED) is a serious mental illness affecting close to half a million Australians today. It is more common than anorexia nervosa or bulimia nervosa.

BED involves out-of-control eating similar to bulimia nervosa. but without the subsequent purging behaviours. For this reason, it is commonly associated with obesity, ignoring the underlying serious mental illness, which in turn adds to the stigma associated with the disorder.

It is important to understand that BED is not a lifestyle choice or comfort eating - those suffering are not to blame and need to be supported in seeking treatment. Eating disorders are severe psychiatric disorders that require ongoing treatment and support for recovery.

Diagnosis and intervention with effective therapy is critical, although due to the secretive nature of the illness, a large proportion of people with eating disorders do not seek help and often struggle for many years before doing so. Some of the most common evidence-based treatments currently being used for BED include Dialectical Behavioural Therapy and Cognitive Behavioural Therapy. However, not every person can be treated the same way. The Butterfly Foundation stresses the importance of seeking help as soon as possible, even if you have been living with the illness for many years.

WARNING SIGNS OF BED

- Preoccupation with eating and food
- Body dissatisfaction
- Depression
- Evading questions about eating and weight
- Secretive behaviour related to food
- Increased isolation and withdrawal from activities previously enjoyed
- Feeling tired and not sleeping well

Say goodbye to shiny, oily skin.





- Reduces oil (sebum) production
- Reduces pore size
- Removes shine for a matte complexion
- Evens out skin tones for younger looking skin

Skin Doctors™ T-Zone targets the oily troublesome area, the T-Zone.

Excessive production of oil (sebum) can happen all throughout our lives, leading to oily, shiny skin with enlarged pores that can get blocked with daily grime and makeup. This can lead to blackheads and pimples.

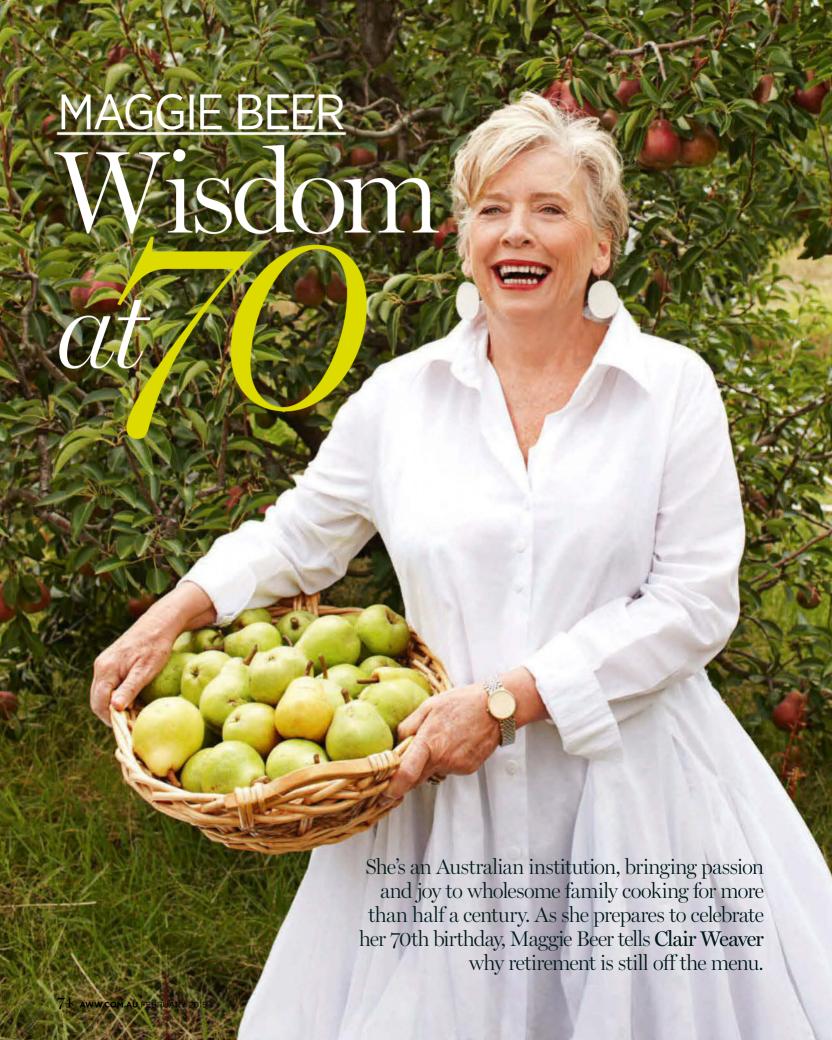
Most products simply mask these problems and some even make it worse. But Skin Doctors T-Zone range has been specially formulated, with clinically proven EVERMAT™ that helps control oil production and excess shine. EVERMAT actively reduces the production of oil, reduces the size of skin pores and even outs out skin tones so it takes on a flawless matte appearance, without drying your skin out.

With Skin Doctors T-Zone, your skin will be shine free, smooth & more beautiful.

Skin Doctors T-Zone is the perfect treatment for oily skin.



Available at Chemist Warehouse, My Chemist, Priceline, Terry White Chemist, Good Price Pharmacy, leading Pharmacies and at skindoctors.com.au



Happy 70th birthday, Maggie. How are you going to celebrate?

Having a big party is the first thing I think of. I love a celebration, so what better excuse? I am going to have all my friends and family at the farm. I'm doing the catering with my girls, but this time, I am going to let them do a bit more.

of your life holds for you? I don't see it as being different, except that I will come to the stage where instead of doing 70 hours a week, I might cut down to 50 because I have so many other things I love to do. As well as my foundation [more on that later], I have six grandchildren and I love being part of their lives. I also love to read, I love music and I love my choir.

What do you think the next chapter

How do you feel about this milestone? Will it change anything for you?

It's a fantastic time of life. I have no intention of slowing down. I work on finding balance, but that's totally elusive. I'm a very lucky person because I love what I do and I'm surrounded by great people. I can't imagine retiring – I really can't. I think retiring is a word that has become superfluous and negative. We should have another word for unchartered waters. And it should be positive.

What advice would you give to women on finding success? Seize the opportunity. If you love what you do every day, you always want to do better. Before I knew the catchphrase "continuous improvement", I was using it because that's the way I am. I'm not at all structured or organised, but I am creative and lateral. I use my skills to the best of my advantage and



I love what I do and I'm surrounded by great

people. I can't imagine retiring - I really can't.

use the people around me for things I am not so good at. Flexibility and persistence are very important because there will always be curve balls.

How do you stay healthy?

I do a couple of sessions a week with a physical trainer and I do a walk every day with or without [husband] Colin. It keeps me up with the frenetic nature of my life.

I have always eaten the same. I can't bear not to have something beautiful and my food is very simple and seasonal. I never eat junk food because I just don't like it and I am not a sweet tooth. I make everything myself. I've always been a big girl, but a diet is not good for me. I know that with the right food and exercise, I feel good.

How important is physical appearance to you?

I feel good when I look good. Someone I haven't seen for quite a few

Maggie with husband Colin and their daughters. Saskia and Elli, circa 1979.

years said to my daughter Saskia, "every time I see a photo of your mum, she looks younger and younger". Saskia said, "That's because she's wearing make-up", which made me laugh. As I have got older, I'm more likely to wear make-up every day. If I don't have lipstick, eyeliner and mascara on, I am naked!

Tell me about how the Maggie Beer Foundation, which is working to improve the quality of food served in aged care facilities, came about.

When I was made Senior Australian of the Year, I was asked to speak at an aged care conference. I did some research and found out some wonderful things about aged care homes and some not so wonderful things. I realised I had a lot that I could do - and I would love doing. Nutrition is incredibly vital as we age. A lot of people don't realise that we all have different nutritional needs. And it's not just nutrition. It's also about pleasure as an important part of our lives, no matter what our age. ■

For more about the Maggie Beer Foundation, visit www.maggiebeer foundation.org.au. See page 182 for Maggie's recipe for Succulent Lamb.



Michael Sheather meets the highpowered executives leading the charge.

PHOTOGRAPHY BY TIM BAUER

Sir Ralph Norris

Former CEO, Commonwealth Bank and Air New Zealand, current non-executive director of Fonterra and Origin Energy.



N 2007, CORPORATE high-flyer Andrew Penfold turned his back on a lucrative banking career and founded the Australian Indigenous Education Foundation (AIEF). As a teenager in Redfern, Sydney, Andrew had lived a life of delinquency – saved only by his mother's efforts to have him admitted to Sydney's exclusive private boys' school St Joseph's College on a full scholarship. That decision changed the course of his life. Determined to give back, Andrew created the AIEF and now administers a program which in the past six years has placed more than 200 promising young Aboriginal students in the country's top private schools. The results so far? Two hundred and twenty-two high-school graduates and 12 university graduates. According to the high-flying business executives who are ambassadors of the program (for details, visit aief.com.au), it's an idea of and for its time.



"This gives them back their dreams"



Mark has been largely invisible since he left politics to work for James Packer's Crown Resorts, yet Mark agreed to take part in this story because he has seen how the indigenous scholarship program transforms lives.

"When I was the Minister for Indigenous Employment, I came across a young guy who

had been through the program and I was bowled over by how dynamic and ambitious he was. AIEF gives kids a pathway - and hope. And that hope has a ripple effect when these kids then go back to their communities."

Known for being one of the so-called "faceless men" of the ALP, (the group of powerbrokers that instigated the removal of Kevin Rudd as Prime Minister), the former Senator has been an ambassador for the AIEF since its inception in 2008, testament. he says, not only to the persuasive powers of its founder, the human dynamo that is Andrew Penfold, but also to the effectiveness of the program itself.





New Zealander Sir Ralph Norris, the former head of the Commonwealth Bank and

Air New Zealand, got his start in business as a computer programmer during the IT revolution of the 1980s. For him, involvement in AIEF is all about creating a new generation of indigenous leaders.

"Over the years, I have met many of the young men and women who have been awarded scholarships, and what has struck me is the degree of confidence that they have. Normally, indigenous students are somewhat shy, but after a year or two in the program and the opportunity to mix with other high-achievers, they develop an underlying self-esteem that is wonderful

"It's not just the fact that they have access to a good education, they develop as a whole person. I have no doubt we are looking at new generations of indigenous leaders, who are going to do so much for their people." >

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Pantene asked thousands of Australian women to name their top hair concern and more than half pointed to damage'. After 10 years of research, the all-new Pantene formula delivers up to 100% damage protection* with lightweight feel* for all hair types - including yours.

ASK THE EXPERTS:



"I love that the new Pantene addresses the issues Australian women are facing with their current haircare, like damage and limpness, and it makes hair manageable without fly-aways."

Barney Martin, Expert Hairstylist

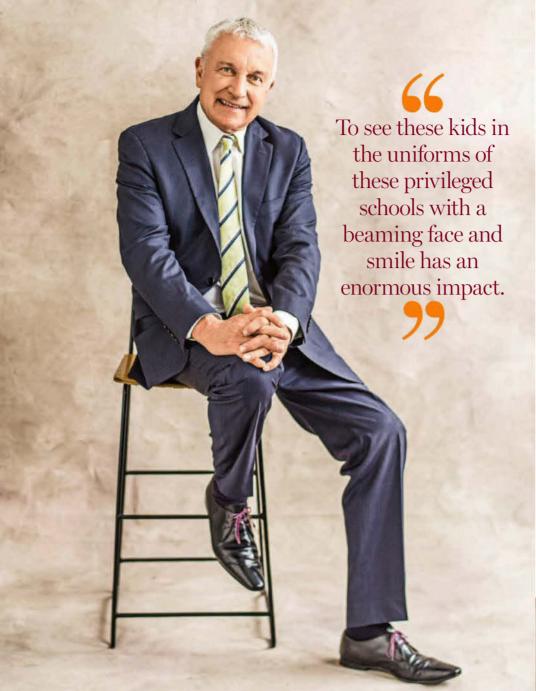


"The new technology addresses damage at a molecular level while preserving the structural integrity of the hair fibre. Pantene can now help repair damage and protect against further surface damage."

Lais Koelle, Senior Scientist



[†] Survey of 1004 Australian women conducted by Galaxy research, May 2014. * 2x more split ends/breakage protection vs. non-conditioning shampoo with system use. ^ excludes Beautiful Lengths and Deep Fortifying variants.



"He knows what poverty and privilege is"



Now heading up Destination NSW and chairman of Prime Media, and married to sports broadcaster Rebecca Wilson, his name is still invoked as a contender whenever plum media jobs are in play. Yet it's as an ambassador for AIEF that he was moved

to break his usual media silence and take part in our shoot.

"(Founder) Andrew Penfold has been on both sides of the street - he knows what poverty is and he knows what privilege is. To see some of these kids from Arnhem Land or outback Alice Springs in the uniforms of these privileged schools with a beaming face is something that has an enormous impact.

"Imagine the impact of these kids going back to their communities with memories of the schools, the friends and the opportunities they have experienced. It's rekindling ambition in indigenous Australia."

"Young people will be the agents of change"



When John Eales was captain of the Australian rugby union side, his teammates called him

"Nobody" because "Nobody is perfect". He holds an Arts degree with a double major in psychology and is today a corporate consultant and motivational speaker.

"My father was a school principal. He drummed into me the importance of education and that's one of the reasons I'm so passionate about this program, it is about opportunity through education. What it is doing is setting up a cadre of young people who will be the agents of change in indigenous communities, wherever they are. But they are not going to be leaders coming from the outside, but rather from the inside. That will make a great difference because they already intimately understand the problems from their own experience.

"AIEF is really an enabler. It's an enabler for individuals, but also for our society, to allow us all to be the best that we can become. We are suboptimal in so many ways, but especially in the way we have engaged with indigenous Australians. I don't know if this is the perfect way to do it, but it's the perfect way to start."





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Body building, crash-course dieting and protein shakes have become the new obsessions of our boys. **Tiffany Dunk** reports on the body image crisis in our young men.

OR FOUR YEARS,
I was the editor of
Australia's leading teen
magazine for girls, Dolly.
Throughout my time
on the title, we worked closely with
experts to instil healthy self-esteem
and positive body image practices
in our readers. From a ban on
retouching photographs to advice on
feeling great regardless of shape or
size, I was proud to see the positive
impact we had on young girls.

I didn't want my work with teens to fall by the wayside when I left *Dolly*, so I joined educational group Fresh ED (freshed.com.au). We give interactive presentations in high schools on topics such as body image, mental health, teen nutrition and more.

Wrapping up my first co-ed nutrition talk, I expected girls to start off the question session. Instead, it was the boys who peppered me with queries.

"Miss, is Boost Juice fattening?"
"What's the best protein powder?"
"How much should I weigh?"

I was taken aback, but I'm not the only one noticing an increased focus in boys wanting to achieve the "perfect body".

For the past four years, Mission Australia's national Youth Survey has identified body image as one of the top three concerns for young men.

Boys as young as seven are being hospitalised for anorexia nervosa. Rates of extreme dieting, purging and binge eating are increasing faster in men than in women. Flick on the TV and you're barraged with ads for protein powders, supplements, gyms and weight-loss programs aimed at men.

"There's just as much pressure on boys as girls to 'look the right way' in order to be successful," says Christine Morgan, chief executive officer of The Butterfly Foundation, which supports people with eating disorders and negative body images. "In the past of couple of years, we've seen a strong prototype for what the ideal male body is. Look at Ken dolls. Ten years ago, he used to be flat, now he's ripped and muscled."

Sixteen-year-old Sydney schoolboy Guy Beynon agrees that boys his age are very aware of their bodies.

"When you get older, sport comes much more competitive, so going to the gym and training a lot to get stronger and get a competitive edge comes with it," he explains.

"You train specifically for a sport and if you train hard enough, then you look good. And you think, 'Oh, I'm going to keep training so I look good when I go to the beach.' Plus, girls obviously like guys who look muscular – not skinny or fat."

This newly idealised male body shape, experts say, is a massive factor in the rise of what has been coined "muscle dysmorphia".

"Muscle dysmorphia is almost seen as the male version of anorexia," says Dr Sloane Madden, co-director of the eating disorder unit at Westmead Hospital in Sydney. "The similarities are very compulsive or excessive exercise and a real obsession with diet and dietary rules. But instead of restricting calories, a lot of the young men I see are obsessing about how much protein there is in their diets. They're cutting out carbohydrates to maximise protein."

"Where it becomes dangerous is when they're using steroids and peptides to enhance the rate that they're putting muscle on," he says.

Eating disorders are traditionally seen as a female problem, but Dr Madden says that, today, one in four children under the age of 12 presenting with complications from disordered eating are male – and those stats are only rising.

Mitchell Doyle, now 23, remembers feeling dissatisfied with his body when he was in Year 3 at primary school.

"I was a chubby kid, but healthy. I wasn't what would be considered obese," he recalls. "But I wasn't of the physical stature of the sporty guys at school, so they started to bully me about my weight."

Mitchell began examining nutrition labels obsessively for fat content, refusing to eat anything he saw as being

WHAT SHOULD YOU BE WATCHING OUT FOR?

Just as when a girl's dieting tips into anorexia, there are big warning signs for boys whose exercise tips them into the realm of muscle dysmorphia. "There will be mood changes, disordered eating, food restrictions, not wanting to eat with other people, an obsession with exercise, changes in size and shape, how they talk about themselves and their bodies," Butterfly Foundation CEO Christine Morgan says.

Dr Sloane Madden adds, "The other issue is that obsession often takes them away from friends, from peers. It interferes with their normal daily function at school and, as they get older, with employment."

The experts are in agreement as to how parents can help reverse this destructive body image cycle and it all comes down to role-modelling.

"Be careful about how you talk about your own feelings about your body image and appearance," Dr Madden advises. "Just sitting down and eating together is really critical. You're modelling normal healthy eating, plus dinner is a really good time to sit down and talk."

Last but not least, if you are concerned about something, don't be afraid to ask for professional help.

"Trust your instincts," Christine Morgan says. "You have a gut feeling when your kid is not right."

"too high". He also started compulsively exercising. It didn't take long to have a devastating effect.

"At the age of 11, I was diagnosed with anorexia," he says. "I was told unless I put on weight I would be hospitalised."

While he spent several years in recovery from his illness, Mitchell has relapsed into disordered eating and overexercising patterns at various stages in his life. He has also struggled with self-harm and attempted to end his life more than once.

"I've felt the pressure of becoming more physically masculine," he says. "The male figure is not what it used to be, it's growing in muscle mass."

Adding to this pressure, Mitchell says, is a lack of awareness in the media.

"Eating disorders are associated with celebrities like Lindsay Lohan and Britney Spears, Daniel Johns of Silverchair is the only male I've ever seen talking about having an eating disorder. That was a pressure for me. I couldn't identify with it because I hadn't seen it out there as a male illness."

Christine Morgan says this lack of awareness, along with the stigma of mental illness in any form, is key for why many young men will not seek help.

"The male figure is

not what it used to

be, it's growing in

muscle mass."

"Anyone with an eating disorder is highly unlikely to reach out and help themselves," she says. "For boys immobilised because of the stigma, it needs

their mothers, sisters, partners, cousins, aunts to be aware this is an illness. And if they see the signs, they need to do something. We need to engage the girls on behalf of the boys."

Dr Madden says he believes that being in the grips of an obesity epidemic has also led to important health messages being lost. "The focus on the dangers of being overweight and obesity has led to some unhelpful messages being given," he says. "Rather than focusing on balanced healthy eating and activity, people became obsessed by needing to lose weight to achieve health."

Some educators are starting to work towards arresting this worrying cycle.

Patrick Brennan has taught in high schools for 20 years. Currently the head of Personal Development, Health and Physical Education (PDHPE) at Sydney's all-boys school Waverley College, he's noticed an extreme change in the students in his charge over recent years.

"Guvs always did love PE, but now they have obsessive questions about proteins and supplements, and obviously their physicality is changing," he says.

"A lot of them are in the gym before or after school off their own back. You may have had a handful of guys who did this 20 years ago."

To help foster a healthy balance, the school has developed a unit called Blokes' Business.

"We spend a term on it in both Year 9 and Year 10," Mr Brennan says. "We talk about health literacy, issues surrounding masculinity, body image, sexuality, online gambling - a whole range of issues that really affect guys in the middle adolescent years."

Year 12 Waverley student Scott Rynberg, 16, says the unit means students have become more willing to open up about their concerns.

"Having a class like this helps because it gives you the confidence to start

> talking, rather than worrying if you're going to be teased," he says.

Only three years into the program, Patrick Brennan is happy to report that he's seen a change, but

knows his work is far from over.

"Seventeen per cent of our students are probably on a diet at any one time and there's so much misinformation out there," he says. "I'm still learning myself - what you read five years ago can be totally irrelevant today.

"Diet products, supplements and protein powders are very well marketed. There will be a lot of intelligent people fooled by the misinformation and for educators of adolescents it's a lot to keep up with." ■

Concerned about a man in your life? Contact The Butterfly Foundation on 1800 334 673 or visit thebutterflyfoundation.org.au.



Things OLD' PEOPLE need to know

Don't understand your kids? Can't tell your 1D from your 5SOS? **Bryce Corbett** presents a one-stop guide to the current crop of teen crazes designed to help you better understand the next generation.

F SNAPCHAT SOUNDS to you like a chocolate biscuit that would go nicely with your next cup of tea, or if you think 1D are those vitamin supplements languishing at the back of your bathroom cabinet – then this is the guide for you.

For as long as there have been hormones, teenagers have delighted in confounding adults with their secret worlds: speaking in tongues only they understand, obsessing over teen idols only they could love, communicating using channels impenetrable to anyone over 18. And while there's a good chance this guide will be out of date the minute it is published (such is the astonishing speed at which teen culture evolves these days), *The Weekly* (with a little help from the staff of its sister publication, *Dolly*) presents a crib sheet to help any adult understand the next generation.



TAYLOR SWIFT She's the reigning queen of pop music whose considerable songwriting talent has shot her to the top of the charts. To her legion of adoring girl fans (she has 17 million followers on Instagram) she is a bubblegum inspiration – somehow deftly walking the fine line between wholesome teen role model and serial dater of famous men (including Jake Gyllenhaal, Harry Styles and even a member of the Kennedy clan). Katy Perry also deserves special mention for running a very close second in pop star popularity.

THE HUNGER GAMES Remember the Twilight vampire books-cum-movie events? They're so yesterday. The Hunger Games series (the movie adaptations of which have made Jennifer Lawrence a mega-star) is where the teen action is at these days. The books still sell by the bucketload and the movies are huge. Other young adult fiction sending teens' hearts aflutter includes the Divergent trilogy and The Fault In Our Stars.

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> > Always read the label. Use only as directed. If symptoms persist see your healthcare professional.

* In one study of 10 healthy volunteers, the time it took for 50% of the bruise to be absorbed was 2.1 days for Hirudoid and 4 days for the inactive cream.



INSTAGRAM A ludicrously popular photo app - most commonly accessed via a

smartphone - the main purpose of which is to make the user's life seem infinitely more interesting/glamorous/ exciting than it really is. Selfies predominate, each of them painstakingly styled and "filtered" to within an inch of their life.



VAULT Never heard of this one? That's because teens don't want you to

know about it. Vault is an app that helps smartphone users hide from prying eyes any text messages, photos or videos they don't want seen. It's especially popular among kids whose parents take an active interest in their online lives - for obvious reasons. Ask your kids if they've heard about Vault. If they look spooked and deny all knowledge, they're using it.



SNAPCHAT The premise goes something like this:

smartphone - usually of something risqué or cheeky - then send it to a friend/enemy (or frenemy - which is an enemy you pretend is your friend) and the photo self-destructs within seconds of it being seen. It's enormous among young people today and its rise in popularity has seen a concurrent rise in the number of teens sending explicit photos of themselves to one another

.......



ONE DIRECTION Otherwise known as 1D, this British boy band, which had its genesis in the UK TV show The X Factor, is the Backstreet Boys or Monkees of today. All hair, tattoos and swagger, between them Liam, Niall, Zayn, Harry and Louis have been responsible for the sexual awakening of an entire generation of girls.



5 SECONDS OF SUMMER Hailing from western Sydney, this teen-friendly garage band is currently one of the biggest acts on the planet. Their signature tune, She Looks So Perfect, is a perfectly formed pop song - and it references underwear, so it has double appeal.



WATCH OUR VIDEO

To see an interview with the hit band 5 Seconds of Summer, download the viewa app (see Contents) and scan this page with your smartphone or tablet.



ARIANA GRANDE Straight from the Miley Cyrus/Britney Spears mould springs the newest chanteuse to leapfrog from a nauseatingly wholesome children's TV series (in Ariana's case. Nickelodeon's Sam & Cat) onto the world pop music stage. Like Britney and Miley before her, Ariana's transformation from girl-next-door to girl-who-should-reallythink-about-wearing-more-clothes has been jolting. Yet not for the millions of young girls around the world who idolise her.

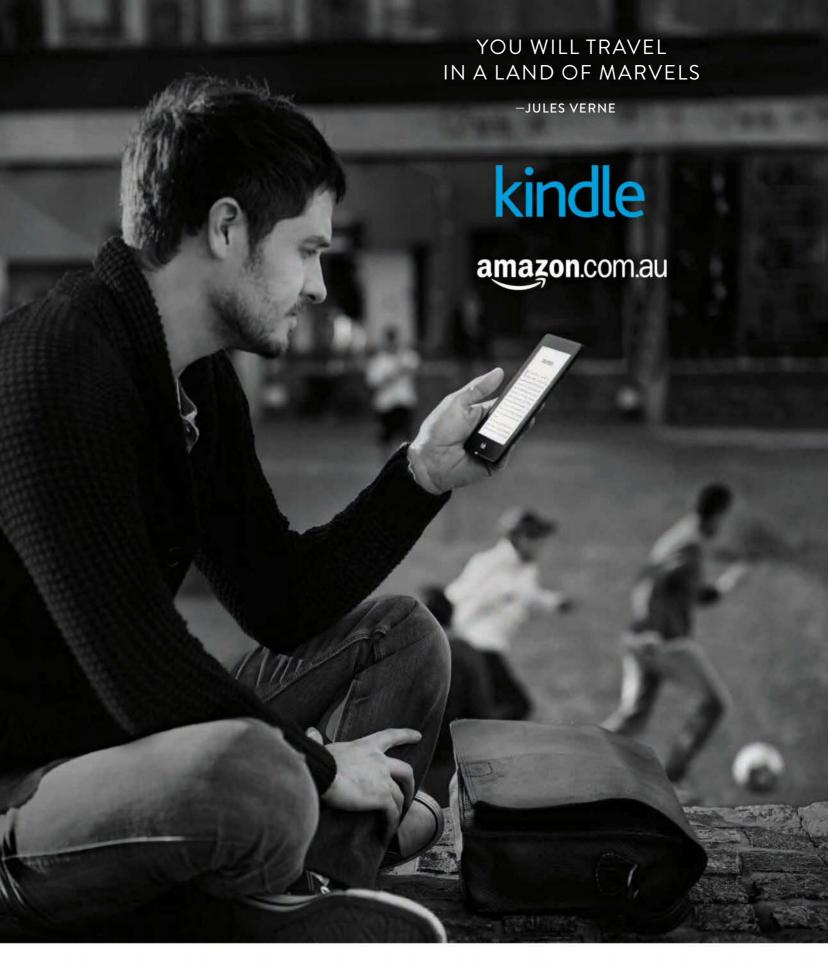


ZAC EFRON He may have begun his career in the High School Musical movies, yet not even the unremitting dagginess of those films has managed to keep Zac Efron from ascending to the stratosphere. His chiselled torso and propensity to remove his shirt to display same have not hurt him either. See also fellow teen heart-throbs Josh Hutcherson, and Phillip Island's own, Liam "don't call me Chris" Hemsworth. ■

(also known as "sexting").

YOUTUBE VLOGGERS Blogging (web log, for the uninitiated) is so passé - the kids are into vlogging (or video logging), in which they diairise the minutiae of their lives in video format and publish it on

YouTube. Vlogging has given rise to some very modern digital superstars, foremost among whom is Zoella, a UK-based beauty vlogger who mixes make-up tips with advice about how to deal with mental health issues. Truly. Zoella's spin-off book, Online Girl, recently became the fastest-selling debut novel since records began. Other popular vloggers include Zoella's boyfriend Alfie Deyes (whose PointlessBlog videos are literally about nothing), Tyler Oakley, and local lad Troye Sivan - named by *Time* magazine as one of the most influential teens of 2014.

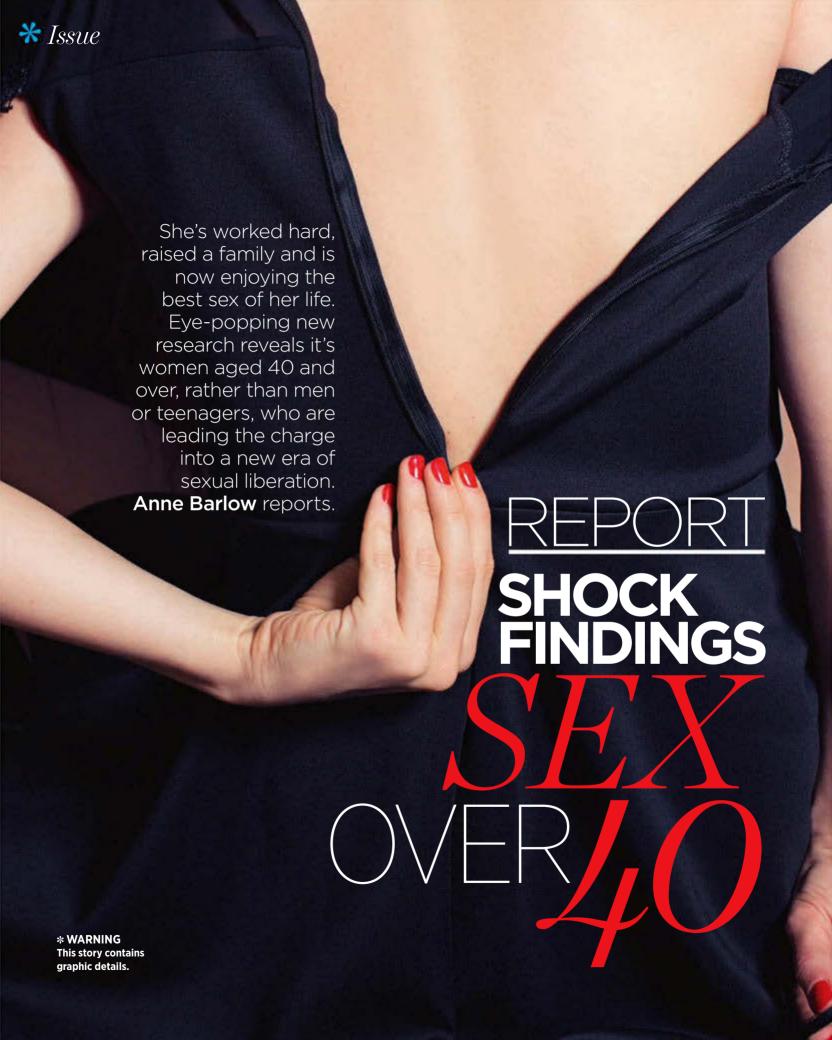












ERE'S A SNAPSHOT of the average Australian woman. She has brown hair, was born in this country and stands at 162.1cm tall. She lives with her husband and two children in a freestanding house with three bedrooms and two cars in a suburb of one of the nation's capital cities. She is carrying a bit of extra weight at 70.1kg, which puts her in a dress size 14 to 16, and works 32 hours a week as a sales assistant (plus at least five hours of unpaid work around the home). She counts herself as Christian, but doesn't make it to church regularly.

So far, so predictable. Peer a bit closer into her life, however, and you might find your eyebrows leaping up your forehead. For Australian women are currently undergoing an extraordinary sexual reawakening, with radical changes to their sex lives and attitudes recorded over the past decade. A major national survey reveals the over-40s are more open-minded, experimental and uninhibited than ever before.

In other words, Mrs Average is not behaving the same way under the sheets as she would have done pre-Noughties. Her grandmother (missionary position, once a fortnight) would be shocked.

A clue to the largely unacknowledged sexual revolution in our midst lies in the cult status of the erotic romance novel, *Fifty Shades Of Grey* (the movie version of which is released in cinemas this month). While romantic fiction for women has quietly sold well for a long time, the public frenzy around *Fifty Shades* since it was released in 2011 marked a cultural shift. Suddenly, female sexual desire – not to mention bondage, sadomasochism, domination and submission – was thrust into the limelight.

Among the book's biggest fans were women in their 40s. If you look at the latest national sex and relationships survey, it all makes sense. Women aged 40 to 49 have a more liberal attitude to sex than anyone else in the population – and that includes men and teenagers. Their sisters in their 50s and 60s aren't too far behind, still proving more



We've seen a lot more women staying single for longer and getting more sexual experience than they used to in the past.

sexually broad-minded than men of any age.

Sex therapist Bettina Arndt believes the decline of marriage and growing rates of divorce have played a role. "We've seen a lot more women staying single for longer and getting more sexual experience than they used to in the past," she says. "We're also seeing more women getting divorced or not marrying. People in new relationships tend to be more interested in sex."

This open-mindedness has resulted in women becoming more experimental in the bedroom, with oral sex moving from risqué to a regular part of the repertoire for 87 per cent of women in their 40s (that's more than younger women in their late teens or 20s).

University of NSW Professor Juliet Richters, one of the key researchers in the study, has noted a generational shift in how Australians view both receiving and performing oral sex. "Women in their 60s are the last of the generations that didn't do it," she says. "There was an attitude that oral sex wasn't something you ask your wife to do—you might ask in a brothel, but it wasn't respectable."

Similarly, pornography has become positively mainstream, which may have contributed to one in four 30- to 49-year-olds having tried anal sex, a significant rise since the dawn of the century. Bettina Arndt doesn't read too much into this, however, as it's not a frequent item on the sexual agenda. "That could be, 'tried it once, never again!'," she says, laughing.

Contrary to popular perceptions, it's women aged from 30 to 49 who have the most favourable attitudes towards porn, which they view as beneficial for relationships. "I say whoopee for that,"

Women aged 30-49 have had the most sexual partners – that adds up to





THE SECOND **AUSTRALIAN STUDY OF HEALTH AND RELATIONSHIPS** QUESTIONED SELECTED AUSTRALIANS AND FOUND BEHAVIOURS ONCE THE PRESERVE OF THOSE WHO VISITED ADULT STORES ARE NO LONGER OFF LIMITS.

selected Australians and was published in the medical journal Sexual Health.

Mature women are more likely to use sex toys and spice things up by dressing up or role playing than men. One in six has used a sex toy, such as a vibrator or dildo, and one in 12 likes to don the likes of a saucy nurse's outfit or maid's uniform. Even for some sex acts that only small minorities participate in, such as swinging, women are in front.

Perhaps not surprisingly, men masturbate more than women. Yet half of the women in their 40s admitted to going solo in the past year – not to mention the 35 per cent of those in their 50s, plus 25 per cent of women in their 60s – with three-quarters of the women who masturbated looking at porn, more than two-thirds seeing an X-rated film and more than 75 per cent using a sex toy.

"I was pleasantly surprised by how often vibrators turned up as part of the sex lives of married couples," says Bettina Arndt, who has actively promoted them since the 1970s. "I call it 'taking the labour out of love'."

Female sexuality is, as scientists have established, more fluid and complex than that of the simpler male. One in seven women aged from 30 to 49 have had a lesbian encounter (during which, interestingly, they're more likely to reach orgasm than during sex with a man) and admit to being attracted to women as

says Bettina. "There's constant propaganda out there about how porn is so terrible, but here is a major study showing lots of people think it's okay and that women have an appetite for it."

Women in this age group have also had the most sexual partners, with an average of six (and, it's worth noting, they're not done yet).



SEXUAL BEHAVIOURS THAT were once the preserve of those who ducked furtively into adult stores are no longer off limits, according to the Second Australian Study Of Health and Relationships, a highly detailed 130-page study that involved questioning 20,000 randomly

well as men. "I think [straight] women understand they can appreciate and be attracted to other women," says Bettina.

Only a tiny 5 per cent of straight men. in comparison, admit to being attracted to men as well.



IN CONTRAST TO past generations when female sexual desire was something to be repressed, today's women usually aren't afraid to say what they want.

More sex is at the top of the list, with more than two-thirds saying they'd like extra bedroom action. For more than a quarter, this means almost daily at four to six times a week, while 30 per cent reckon two to three times would suffice. The bad news is that, in reality, most are getting it less than once a week. The good news? For the vast majority, it's "very or extremely pleasurable", reflected in two-thirds reaching orgasm in their previous session.

Professor Richters reckons it's more about quality than quantity for most women. "Men are more likely to be happy with frequent quickies," she says. "But my guess is that women would be keen to give up a couple of quickies in the week to have a longer session on a Sunday afternoon with a variety of different sexual practices. The standard short marital f*** is not necessarily the most satisfactory practice for women."

Technology has provided women, who are more vulnerable when meeting men for sex, with a safer and more accessible way to explore all kinds of sexual practices, says the Professor.

Illustrating this, one in 25 women is bypassing online dating or flirting in pubs and clubs to use the internet or apps, such as Tinder, to look for a sexual partner.

And although most women are still Christian – and most likely Catholic – they are less judgemental or adherent to traditional beliefs than they were 20 years ago, when one in four thought homosexuality was "always wrong". Today, that figure has halved to one in eight.

One in 12 women like to don the likes of a saucy nurse's outfit or maid's uniform. "Men are more likely to be happy with frequent quickies. But my guess is that women would be keen to give up a couple of quickies in the week

WHAT'S REALLY GOING ON **UNDER THE COVERS FOR AUSTRALIAN WOMEN***

sexual practices."

to have a longer session ...

with a variety of different

Women aged 40 to 49 have the most liberal attitudes towards sex.

Women aged 50 to 59 have more liberal attitudes towards sex than teenagers and men.

Women are experimenting much more in the bedroom: 87 per cent of women in their 40s have had oral sex and one in four have had anal sex.

Women aged 30 to 49 expressed the most favourable attitudes towards the potential relationship benefits of pornography use.

One in four women don't regard oral sex as "real sex" nowadays.

Two-thirds of women reached orgasm the last time they had sex with a man.

Women aged 30 to 49 have had the most sexual partners in their lifetime, with an average of six.

More than two-thirds of women want more sex.

One in seven women have had a lesbian encounter during her lifetime.

Women aged 40 to 49 are most likely to identify as gay.

About half of women aged 30 to 49 have masturbated in the past year.

One in five women have looked at porn in the

One in six women have used a sex toy in the

* Second Australian Study of Health and Relationships

Further demonstrating the gender divide when it comes to sexuality, most women say they'd be more distressed if their partner formed "a deep emotional attachment to another person" than if they simply had sex with them - while for men it was the exact reverse.



WITH THE BIG changes recorded in the sexual behaviour of women over the past couple of decades, it begs the question: what will the next survey, due out in 2024, look like?

Will Australian women become even more sexually liberated and laissez-faire? Or might there be a plateau or swing back in a more conservative direction?

Generations Y and Z are showing signs of adopting more traditional values to relationships and marriage than their Generation X parents, who grew up on conversations about one night stands over cocktails in the TV series Sex And The City, and Madonna's thrusting pelvis. Perhaps they will mark a return to more conventional sexual behaviour.

Yet even if they do, it's unlikely the 40-pluses will discard their sex toys and wean themselves off porn. Indeed, by then, it may be women in their 60s who are swinging. ■



Aussie actress Rebel Wilson

HOLLY WOOD POWERHOUSE

There's a lot more to Rebel Wilson than meets the eye. **Caroline Overington** meets the home-grown Hollywood sensation and discovers she's also a closet scholar, dog breeder ... and related to Walt Disney.

PHOTOGRAPHY BY NICK SCOTT STYLING BY REBECCA RAC

START? No, really, there is so much that is so interesting about the actor and comedienne Rebel Wilson, it really is difficult to know where to start.

HERE TO

She was raised by dog breeders. She is related to Walt Disney.

Her name really is Rebel, plus she has sisters Liberty and Annachi (anarchy) and a brother Ryot (riot).

She's had malaria. She has a maths brain. She can sing.

There's more – much more – but let's take these things one at a time, starting maybe with this: how is Rebel related to Walt Disney?

Well, her grandmother's sister, Lillian, was married to Walt, which means Walt was Rebel's great-uncle, which perhaps makes you think, "Oh, okay, so they weren't all that close", but consider what it means to be part of the Disney family.

As a child, Rebel was allowed to visit Disneyland when it wasn't even open, to go on all the rides before anyone else was even allowed in. As an adult, she's stayed in the super-exclusive, almost-secret apartment on top of the Pirates of the Caribbean ride in Anaheim, California. Hardly anyone has ever been inside, but Rebel confirms that the apartment has a secret door that only opens if you know which panel to push. And it has a miniature train that goes around the room and pictures that

do strange things when you press buttons on the wall.

"The eyes in the portrait might move," she tells *The Australian Women's Weekly*, "or a mermaid might leap out of a water picture." Also, at a certain time of the day, a grandfather clock will strike and the room will fill with music, such as *When You Wish Upon A Star* from the film *Pinocchio*.

Pretty cool, right?

Yet there's more. As noted above, Rebel's name really is Rebel and her siblings also have unusual names, which makes you think her parents might have been somewhat counter-culture, but no.

Rebel is the product of a posh upbringing at Sydney's Tara Anglican School for Girls. Her parents actually





From left: Rebel with Liam Hemsworth; with her MTV Award; with Pitch Perfect co-star Anna Camp; at the MTV Awards; and with Matt Lucas in Bridesmaids.







named her after a six-year-old girl who sang at their wedding.

"And Rebel is not actually that unusual a name," says Rebel. "There's a Rebel that works at Qantas. I've spoken to her! And there's [film producer] Rebel Penfold-Russell. My parents really were quite normal."

Normal, in the sense that they were dog breeders.

"Right. They had beagles," the 29year-old confirms. "They put them in dog shows and I was a junior dog person. Which means I had to spend all my spare time at school running around the ring, dressed like Melanie Griffith in Working Girl.

"I got out as soon as I could. Which was as soon as I figured out it wasn't cool. Then, last year, I found that I'm actually allergic to dogs. Dogs, cats – and papaya.

"So I rang my mother and said, 'Guess what? I'm allergic to dogs. Making me go to dog shows was child abuse.' And she said, 'Oh, really?' Because she's probably allergic to them, too. She has all the same symptoms. The difference being I have now stopped showing

dogs, whereas my mother is like an international judge. She travels for competitions and the people in it [dog shows], they are super, super competitive.

"I don't know if you've ever seen Best In Show [a mockumentary on dog shows], but they nailed it. They got it exactly right."

Truth be told, Rebel had determined never to follow in her mother's footsteps around the show ring, even before she was diagnosed with canine allergies. She was very good at maths at school, "to the point where people hated me. I would always get 100. I didn't need to study. Abstract mathematics, it was just like I already knew the answer. I did the Maths Olympiads and got the best standardised score. My first career

South Africa for a year. While there, she contracted malaria. During the course of her illness, she began hallucinating and saw herself as an actress, going onto the stage to collect an Academy Award.

"So I decided that must be my fate," she says. Rebel has not yet won an Oscar, but she will have a bigger year than just about any Australian in Hollywood. She has three feature films coming out over the next 12 months (four, if you include Night at the Museum III, which came out just after Christmas last year).

The first of the new films will be *Pitch* Perfect II, due out in May, where she will reprise her role as Fat Amy from Tasmania. Then, in July, she's got a key role in what is likely to be the highly-

offensive, albeit hilarious, football hooligan movie, Grimsby, which

> also stars her friend Sacha Baron Cohen (think Borat), and she's also in Kung Fu

Panda III, released in 2016.

"It's pretty good to have three movies in one year, all different," Rebel tells The Weekly during a recent working holiday at home in Sydney.

"Pitch Perfect II is PG13, whereas Sacha's movie is a hard-R, or like an

"I wouldn't want anyone to think

I'd get naked for a comedy."

choice was actuary. That's not like tax returns at H&R Block. That's a bit up from that. But I'm happy I've moved on from that. Would I have got bored? Yes," she says. "Very quickly."

As a teenager, Rebel was a Rotary youth ambassador and went to live in



MA15-Plus and it's scandalous. One hundred per cent, you will not be disappointed in the outrageous nature of that movie.

"Just so you know, it's not actually me that's naked in that film. I'm playing Dawn – Sacha calls me Dawnie – and that's the body of a South African burlesque dancer and my character is quite a slut, actually. But I mean, make sure you say it's not me naked because I wouldn't want anyone to think I would show my naked body for a comedy. For the Academy Award role, maybe, but not a comedy.

"Anyway, Sacha has said I might need extra security when the movie comes out. There is a scandalous bit, quite controversial, where I wear a burqa. Obviously, I don't mean any offence to Muslims. I asked my Muslim friend, 'Do you think this is alright, to tell the joke we're telling?' And she said yeah. But she's pretty liberal and lives in New York. So who knows? But it is a joke and no offence meant."

All of which sounds ... pitch perfect? Rebellious?

"But however bad it is," Rebel continues, "I'm following it up with being a full-grown, female panda in *Kung Fu Panda III*, which is a proper family movie and so much love has gone into making that. Like with *Pitch Perfect*. People love that. Like, I was recently sitting next to Brad Pitt for three hours and he told me he has personally seen that film around 20 times because his kids just love it ..."

Woah ... hold on. Did Rebel, who only moved to the US a couple of years ago, just say, "I was recently sitting next to Brad Pitt for three hours"?

"Yeah, but this is what happens when you live in LA and you're in movies," she says. "Like, the biggest star in the world right now is Jennifer Lawrence and we're hanging out because she lives in my street, so it's totally normal to have her for a barbecue and the other day I took her some cupcakes for a bit of afternoon tea.

"Also, Americans love Australians. It's weird how much they love us. You go in to see casting agents and studio heads, and they think you're better. You work >



harder. You can do more. So, lately, I was hanging out with some other Australian actors in Hollywood and I said, 'Do you think they [meaning US stars] will ever wake up to the fact that we're taking all their jobs?' I mean, I hope not."

Rebel trained as an actor at the Australian Theatre for Young People. While there, she won the Nicole Kidman Scholarship worth about \$10,000, which Rebel then used to go to New York and develop a one-woman show.

"And you have probably heard the story about me and Nicole, right?" she says. "I don't think Nicole knew exactly who her scholarship went to. It was just a scholarship that was

supposed to go to somebody who was showing some talent.

"But I knew it was from her. So one day, years later, I see Nicole sitting with Russell Crowe in a restaurant, talking together, and I think, I'm going to go over and say thank you because that scholarship really meant a lot to me and got me a good start.

"So I walk over to the table and I'm just about to say, 'Excuse me ...' and Russell just looks at me and shouts, 'F**K OFF!'

"Because, you know, he gets sick of being interrupted when he's out in a cafe with Nicole Kidman. So I never got the chance to say thank you. But, anyway,

I'm sure she knows by now it was me that got the scholarship, right? And I have now given that money back to the school because I've obviously done alright and that's the right thing to do, to pay it back, to give somebody else a chance now."

Rebel says she got out of stand-up "quite quickly because it's rough for a woman and I'm not that tough. I like being a bit more vulnerable than that. You see [Australian comediennes] like Judith Lucy, or Fiona O'Loughlin, they have to be tough to survive in that world.

"I think my natural personality is a bit softer than that. I was too scared to go into an Australian pub. I had characters. There was one that was a station announcer, like on a railway platform, which was a really terrible idea, but the point I'm making is, all that early stuff, it meant that by the time I got my first job in America [Rebel was cast as Brynn in

the hit feature film, Bridesmaids, pretty much upon arrival in Hollywood, after coming to notice in the SBS comedies, Pizza and Bogan Pride in Australia] I was ready to smash it and I did smash it. I used four tiny scenes in that film to kind of catapult myself into a position where people noticed me."

Rebel is particularly proud to be "the first Australian woman to really break into comedy in the US. I think I can say that I am and that's been amazing because I feel like there was a ceiling [in Australia] and that I reached that ceiling.

"I wanted to earn more money, do more things and make comedy movies [in Australia], but the heyday of Muriel's Wedding and Strictly Ballroom, those brilliant, brilliant films, that was 20 years ago and they just don't make enough of them, and so if you want to work, if you want to make money, you have to move."

Rebel received an enthusiastic reception in Hollywood "because everyone is not like me in LA. So, they were like, 'Thank God, you're here. Because we don't see people like you.' >





"I mean, at first, they were intrigued, like, 'How does a girl like you [not being a size four] become an actress?' Then they were like, 'But actually, we have nobody else like you'. Because I write, I produce and I'm an actress, and I had a background in improv and stand-up, and I had all the bases covered.

"So, of course, I'm still learning, but they were like, 'For somebody so young, you have so much experience and we can use that'."

Rebel is now firmly entrenched in Hollywood. She shares a place with Matt Lucas from Little Britain and they have a cinema at home, which is "a full-size, full-on, 3D, surround sound, eight upholstered chairs with cup holders, where I can kick back and binge-watch America's Next Top Model and Here Comes Honey Boo Boo.

"So I fit in, but it's weird," she says, "because you think, we know America, right? Australians, I mean. We know all their movies, so things are familiar, but it's still all different. I mean, I like it. I really like, culturally, that people aren't afraid to be successful, to win, to be the best, and they encourage you to strive better. That really suits me because I always strive to be better.

"Right now, I have a lot of projects in development, but my profile is big enough to headline [a movie] and I want to headline, so it becomes, 'Okay, which one will you do?' I get firm offers twice a week. That's like, 'Here's the money, come and do this.' Another thing I get is, 'Here's a funny role for a guy, but maybe because you're so funny, we'll flip it and make it a female role.

"But, in terms of goals, directors I'd work with - I'd love Quentin Tarantino, or Gareth Evans, who did the [martial arts action film] Raid: Redemption. But also, every film, we just reach out to Channing Tatum's people and say, 'Is he available?' I mean that for real. Legitimately. I do reach out. I pitch to be in a romantic role with him. So far, he's not been available, but our time will come."

Rebel says she doesn't have a romantic partner in real life "and that's mainly because there are a lot of crazy people in Los Angeles. Apparently, some people

"Apparently, if you're smart and

funny, that's intimidating."



are a bit sacred of me because they think I'm outrageous. They think I'm like my characters, which I'm not really.

"We worked with some NFL players on Pitch Perfect II and one of them liked me, but apparently I'm too intimidating. I'm like, how am I intimidating? They're NFL players! But, apparently, if you're smart and funny, that's intimidating.'

Rebel returned to Australia late last year to catch up with old friends and to launch the Nine-Fairfax fixed-price, no contracts streaming service Stan (in the lead-up to the launch of Stan, Rebel said, "When I was a kid, bingeing meant going to Sizzler. Now it's bingewatch TV.")

The campaign involves a series of commercials starring Rebel, for which she's been strutting around our studio, dressed in a 1970s-style gold lamé jumpsuit, mouthing the words to Nicki Minaj's Anaconda (My anaconda don't/ My anaconda don't/My anaconda don't want none unless you got buns, hun.)

"This is like the first job I've done in Australia for ages," says Rebel (who, for the record, is also wearing velvet, skull and crossbones slippers, and mouse ears). "We're going to have so much fun shooting these commercials. I think it'll be a great campaign and I've had a lot of fun, like, putting in a little creativity of my own.

"Weirdly, though, my sisters and my mother all left to go overseas before I got here. So now I have to go and see my sister in Orlando, Florida, to see Harry Potter World."

The family has grown closer since Rebel's dad passed away late last year.

"It was completely without warning," she says. "They thought he had the flu and he died that night with a heart attack. And I was just in the second week of [filming her new TV show]

> Super Fun Night, so I dropped all that and came back.

> > "I've never experienced anything like the feeling, you know, when your dad

dies like that.

"And then the TV show, it got bad reviews, the critics were really mean about that show and I was like, if they only knew the circumstances, the stress and pressure I was under, they could have been a bit nicer."

Rebel says she learnt a lot from having a TV show – and from having had the show cancelled.

"Weirdly, being out of films because I was making the TV show has meant there are all these people who want to see me in their films," she says. "So I'm just about to do a romantic comedy in New York. And I still feel proud of what I did with the TV show because it was my first shot at it and people who saw it, they said, 'Oh, she's funny', and that's what I want, for people not to think, 'Oh, she's foreign', but just think, 'Oh, she's awesome'." ■

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As the top-rating TV series *The Block* enters its 10th season, **Michael Sheather** catches up with some of our favourite former "blockheads" to discover what happened next.

EN YEARS OF The Block

- sounds more like a
prison sentence than one
of Australian television's
most successful and
enduring reality shows.

Yet all that hammering, sawing, tiling, drilling and painting has crafted its way into our collective pop culture psyche, drawing in millions of viewers and creating dozens of celebrity renovators. Some we've taken into our hearts, while others haven't exactly hit the nail on the head.

The Block touched us in many ways, inspiring our imaginations, feeding our national renovating obsession and showing us that our homes really can be our castles if we're prepared to get creative and get our hands dirty.

Here, we talk to some of our most favoured "blockheads" and ask how being a part of *The Block* changed their lives.

Gav & Waz

Gavin Atkins and Warren Sonin appeared in the first series of *The Block* in 2003. Known for renovating in their underpants, they came third, taking home \$70,000 after their apartment went to auction.

"IT CHANGED OUR lives in the most amazing way and it's still giving us the ride of our lives," says Gav, 49. "We have had to work very hard and nothing has been given to us. But we turned an opportunity into a professional and successful business.

"Originally, we put everything we made into starting a business. We began a business preparing properties for sale and then we went into interior design, and now we run a decorative arts supply business, where we create, manufacture and frame artwork. We create art and sell it to our colleagues.

"We have an apartment in the eastern suburbs of Sydney and we're about to renovate it and take it to the next level," says Waz, 47. "But we don't renovate in our underpants anymore. When we were on *The Block*, we were in our 30s and our bodies were looking fabulous. Maybe not so much now.

"I think a lot of people appearing on *The Block* expect it will become a goldmine. They don't seem to realise that when you stop being on TV, that's when the hard work begins. You need to turn that opportunity into a reality."

Lysandra & Alisa Fraser

These 30-year-old Adelaide twins were policewomen when they appeared on *The Block: Sky High* in 2013. They won that series and claimed \$395,000, then came second on *Fans vs Faves* in 2014, for a further \$616,000. "AT THE TIME, being on *The Block* was extremely hard – it's one of those things which you look back on with fond memories, but at the time, you just want it to be over," says Lysandra. "You have to live day by day. If you look too far ahead, then it's overwhelming.

"We were police officers during *Sky High*. When we finished that series, we decided to take a chance, handed in our resignations and then came back and did *Fans v Faves*. In that time, we set up an online homewares store and then started an interior design business. So now we have two businesses, which is cool. It's totally different to driving around in a police car.

"The online business is something we're on a steep learning curve with, but we're always improving the website and learning, while the interior design business is almost second nature to us now. Running your own business is fabulous because you can work as hard as you like and see results, but you can never switch off. Having problems and solutions always on your mind is something which we are adapting to, but it's really rewarding, too.

"Fame is a two-edged sword. Without it, we wouldn't be where we are now. Sometimes, it gets to the point where you'd like to be able to do things without being recognised. But at the same time, we have to accept it and use it as a positive. It just took us a while to figure it out.

"The truth is that it has been a hugely beneficial experience and when you are trying to establish a business doing something you love, you couldn't pay for that kind of publicity."

Dee & Darren Jolly

Dee, 43, and Darren, 33, appeared on The Block Glasshouse in 2014, where Dee's forthright personality made them one of the most talked-about couples on TV. Yet the real shock happened at the end of the series when they walked away with just \$10,000, making for one the greatest anti-climaxes in Block history. They will soon be back on our screens in The Block Triple Threat. "OUR EXPERIENCE ON The Block has been amazing," says Dee. "Obviously, the way the last one ended wasn't what people expected, least of all us. But money isn't everything. So while we didn't get the monetary reward we all expected, we had to look at it another way. So much more comes out of being on The Block.

"Personally, I love interiors. It's my passion. And doing this has given me so much confidence. I have had a lot of feedback and recognition for my style. So, I have nothing bad to say about *The Block* at all. I love it, I'm still a fan.

"It's a massive learning curve and that's one of the joys about it. I feel like I've come a long way in terms of design and perhaps even further in terms of learning about the building side of things.

"Then there's what you learn about yourself. I learned to trust my instincts. I have a background in fashion design, so I knew I had an 'eye' of some sort. I also learned about my competitive spirit, which I didn't know I had.

"Darren is very competitive, being an AFL player, and that seems to have rubbed off on me. I've thought a lot about what I want to achieve and how I want to achieve it. That wasn't obvious to me until I came into this environment.

"People recognise me everywhere I go now, which is so completely different. When Darren was playing football, he







was recognised, but now it seems to be my turn. At first, I was a bit uncomfortable with it, but people are lovely when they come up to me. The social media side isn't so great, but I just ignore that.

"It's changed everything. I didn't work

"IT'S

DRAINING TO

BE UNDER

THAT MUCH

before because we have two children – Lily, six, and Scarlett, eight – but I love the level of busyness on *The Block*. I love being around people all the time. But it's changing what we want to do with our lives, where we want to live and our goals – everything."

Brad & Lara Cranfield

Brad and Lara first appeared on The Block in 2012, winning the series and an astounding \$506,000. Brad also appeared on the Fans vs Faves series in 2014, in which he came fourth in conjunction with his good mate Dale Vine, bringing home a further \$264,000 and making a winnings total of \$770,000. "WE'VE GAINED so much from The Block," says Lara, 33. "We bought a pub in Newcastle and a farm, we got married, we went overseas. We couldn't have done any of this if it hadn't been for The Block. We're fortunate and we realise it.

"I can't say I enjoyed every minute. It's the hardest thing you'll ever do. It's really tough, not just physically, but also emotionally. It's draining to be under that much pressure all

the time. But it's also enjoyable on other levels because of the people you are with.

"It took me six months to get over it. I had blood tests because I was so tired all the time. People ask what it was really like and I say that what you see is what you get. You have to do it all, even when you have tradies. You have to manage them, make sure it all happens and do your own work at the same time.

"It certainly tested our relationship, but now we know how well we work as a team and that we can get ourselves out of tough situations if we have to. I think it made us better people and a better couple.

"People say, 'You're famous now', but we don't see it that way. We were on TV for a little bit, that's all. Now we have a

pub and a house to finish renovating. The pub is getting all the attention at the moment. I'm working in the restaurant and Brad's in the bar. I hear him from the restaurant. He swaps

because when we finished I kickstarted my singing career and released an album, *The Lighthouse*, that peaked at number six nationally," says Amity.

"I also wrote a musical comedy called *Mother, Wife And The Complicated Life.* I had a young baby and I wanted to write a show about being a mum and marriage, and the juggle to do everything and how it's not like it is in the movies.

"It's been very successful. It has toured around Australia and was selected for the New York Musical Theatre Festival. While

> it was playing, someone from the United Nations saw it and invited us to perform it at the Commission On The Status Of Women Conference at the UN, which was surreal.

"I have just been to Norway to see the Norwegian version. None of that would have been possible if we hadn't been on *The Block*. We are touring around Australia again next year, but we're also talking about doing it Off Broadway.

"I had been a singer since I was 15 and I was trying to get a record deal and get my head above the pack, and *The Block* definitely did that for me. It gave me a profile so that when I released my album I had a ready-made audience. It launched my career in a much bigger way, but that was 11 years ago and you have to work very hard to keep the momentum going.

"We were a little unsure when we were approached to do the *All Stars* series

because we'd kind of moved on and we had children – Jamison, eight, and Poppy, four – but they talked us into it.

"When we won, it was so unexpected. And we were able to use the money to finance the New York productions, which was perfect." ■

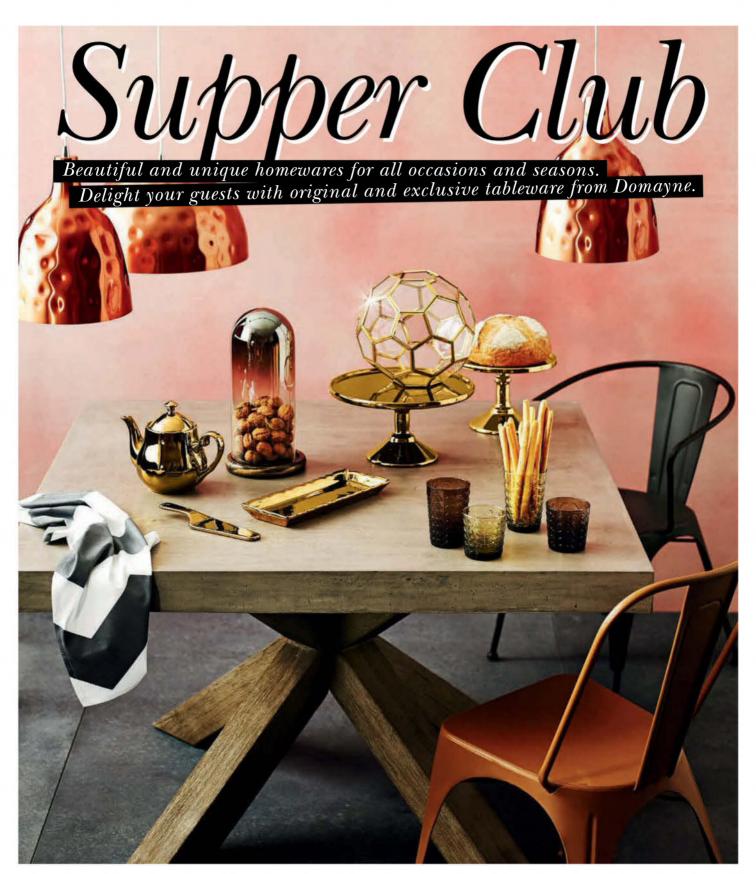
Scott Cam and Shelley Craft host *The Block Triple Threat* starts on the Nine Network from January 27.



stories and tells yarns with the locals all day – he's got the best part of the deal."

Amity Dry & Phil Rankine

Adelaide couple Amity, 37, and Phil, 45, starred in the first series of *The Block*. They came last and took home \$60,000. Yet, last year, when they appeared on *The Block All Stars*, they won, taking home \$395,000. "WE CAME LAST in the first series, but *The Block* changed the course of my life



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MAISON RECTANGLE CHOPPING BOARD SMALL, \$34.95; LARGE, \$49.95. FRESH SALAD BOWL, \$24.95.

TOP LEFT CUP PENDANT LIGHT SET IN WHITE, \$299.

TOP RIGHT STOCKHOLM **BAMBOO BOWLS** WHITE LARGE, \$39.95; MEDIUM, \$22.95; MINI, \$8.99. STOCKHOLM **SALAD SERVERS** WHITE, \$19.99 SET OF 2.

BOTTOM LEFT SOLOK **BOWL** BLACK, \$7.95. SIGLI **SIDE PLATE**, \$14.95 EACH.
SOLOK **DINNER PLATE**, \$24.95; **SIDE PLATE**, \$14.95 EACH. SOLOK SMALL **SERVE BOWL**, \$7.95 EACH

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Purl Harbour By John Macarthur cotton knit jumper, made to order, \$220, (02) 9365 1521. Madame Hall cotton skirt, S-L, \$169.95, madamehall.com.

With warm thanks to young Taivero Henry, who appeared in our shoot. He is the son of **Destination Aitutaki** tourism officer Misepa Isamaela, who graciously showed us around her island.

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Amandara cotton dress, XS-XL, \$89.95, amandara.com. au. Nerida Winter Rosie raffia and straw hat, S-L, \$275, neridawinter.com. My Island Home bamboo bangles, \$10 (small) and \$15 (large) each, myislandhome.com.au.









Shapewear solutions



Smooth lines under a silk blouse Certain fabrics have a tendency to show every line, seam and bump. Invest in seamless underwear for a completely smooth finish.

UNDERWEAR Triumph Body Make-Up Magic polyamide, elastane and polyester bra, 10A-18C, \$59.95, and Second Skin Sensation nylon and elastane shorts, S-XL, \$49.95, au.triumph.com. **OUTFIT** Zara silk top, S-L, \$89, (02) 9216 7000. Boden Pandora polyester skirt, 6-22, \$148, bodenclothing.com.au. Zara leather metallic bow flats, 36-41, \$99, as above.

 $The\ low\ plunge\ slip$ Keep the look fitted with shapewear. This all-in-one slip offers a smooth silhouette and the neckline makes it perfect to wear with a wrap or crossover dress.

UNDERWEAR Yummie By Heather Thomson Chris polyamide and elastane slip, XS-XL, \$99.95, yummielife.com.au. OUTFIT Sussan Cruise viscose floral dress, 6-16, \$129.95, sussan.com.au. Wittner buttermilk nappa leather mules, 36-41, \$199.95, wittner.com.au. The key to a perfectly fitting outfit is all about what goes on underneath. Here, **Rebecca Rac** selects the best in shapewear to solve your wardrobe worries.





Lace slip under sheer garments Shapewear can be beautiful. This luxurious slip is slimming and comfortable, and the intricate lace detailing adds a gorgeous feature.

UNDERWEAR Huit cotton and nylon slip, 10-16, \$109.95, (03) 9326 0318.

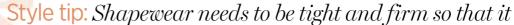
OUTFIT Zalora cotton, polyamide and viscose dress, XS-L, \$59.95, from The Iconic, theiconic.com.au. Zara leather heels, 35-41, \$119, (02) 9216 7000.



Two pieces under denim High-waisted, fuller briefs, with a built-in control panel, firmly hold the tummy and hips for added support and a smooth line.

UNDERWEAR Freya nylon/polymide, elastane and tactel bra, 6B-16GG, \$94.95, and nylon/polymide, elastane and tactel briefs, XS-XL, \$44.95, (03) 9326 0318.

OUTFIT Zara ramie blouse, XS-XL, \$49.95, linen jacket, XS-XL, \$99, and cotton and elastane jeans, 34-44, \$59.95, (02) 9216 7000. Elk resin and wood ring, \$30, elkaccessories.com.au. Wittner leather sandals, 35-42, \$139.95, wittner.com.au.





Bodycon slip Avoid any visible undergarment lines by choosing an all-in-one slip. It will sculpt the body and flatten and smooth the tummy. The straps offer extra support for a larger bust.

UNDERWEAR Hold Me Tight Couture nylon elastane lace slip, 12B-16DD, \$44.95, holdmetight.com.au.

OUTFIT Witchery viscose and elastane mesh corset dress, 4-16, \$179.95, witchery.com.au. Wittner leather heels, 36-41, \$219.95, wittner.com.au.

Tummy and thigh control These shorties have bottom lift panels to give support and smooth lines. The bra is perfect for any strapless outfit, with a larger back band for added support.

UNDERWEAR Berlei nylon elastane strapless bra, 10B-18E, \$64.95, berlei.com.au. Yummie By Heather Thomson Jordan cotton, polyamide and elastane shorties, XS-XL, \$54.95, yummielife.com.au. **OUTFIT** Zara polyurethane jumpsuit (belt included), XS-XL, \$99, (02) 9216 7000. Witchery leather heels, 36-41, \$169.95, witchery.com.au.



rayon and viscose shorts, 6-14, \$89.95, and rayon and viscose

waistcoat, 6-14, \$199.95, seedheritage.com.au. Wittner Ralex

leather heeled sandals, 35-42, \$169.95, wittner.com.au.

Zara viscose and polyester shorts, XS-XL, \$99, (02) 9216 7000. Wittner

buttermilk nappa leather mules, 36-41, \$199.95, wittner.com.au.

You ask Jude

Judith Cook tackles your fashion issues, from crafty dresses to budget style, plus stylish spectacle frames and timeless classics.



I love wearing a watch and need to replace one I was given

many years ago. My husband thinks it's ridiculous as my phone or computer tells the time. What is the point of a watch now, function or decoration? B. Orr, NT.

A watch is both and quite personal. It goes everywhere you go, is reassuring and says something about you. I'd be lost without mine. Don't listen to your husband.

1 Armani Exchange watch, \$299, 1800 818 853. **2 Fossil** leather strap watch, \$199, fossil. com.au. 3 DKNY leather strap watch, \$149, 1800 818 853. **4 Adidas** Originals silicone strap watch, \$149,

EBRUARY CAN BE confusing. Traditionally trans-seasonal in fashion terms, it can be difficult as it's usually humid, yet the new season winter styles are filtering into stores. Yet, as exciting as a new season is, coats and boots have to be put on hold. The solution? Put away colourful summer prints and base your wardrobe on a neutral palette and layering. Add tailoring and for the next few months your wardrobe will be appropriate and comfortable. Put the coat on lay-by and make the boots a trans-seasonal ankle style.



I really like the unique, individual look of hand-made and crafted things, and

have noticed this influence in the new season's fashion. Can vou help me find something different? T. Wu, SA.

There's a return to traditional craft and craftinspired knits and fabrics, mixing print and pattern in a 1970s-inspired way. You could learn to crochet or knit or. even easier, engage an expert to create something for you.



Denise Cronan crochet dress, from **\$220.** 0481 330 981

Double vision

I'm in my early 30s and have just discovered I'm short-sighted. I need glasses for work and reading. but they look so conservative and dowdy. Are there colourful frames

that can echo my creative personality, without costing a fortune? M. Griffiths. Tas.

There's a wonderful selection of colourful Aframes on the market. Choose your colour to suit your skin tone: red suits pale skins and dark hair, while green or a fluoro effect is beautiful on olive skin.



Just one thing I am saving and have put myself on a strict budget. I can't look in the shops! If there was one small thing I could do to update my look, what would you suggest? B. Rindle, NSW.

Fabulous drop earrings can change everything. They are the new jewellery update and can make such a difference to even the most classic wardrobe.

Mezi frosted crystal earrings, \$160, thedarkhorse.com.au.

SEND IN YOUR STYLE QUESTIONS If you have a question, send it to Ask Jude, The Australian Women's Weekly, GPO Box 4178, Sydney, NSW 2001, email openline@bauer-media.com.au, or find us on Twitter and Facebook.



Curvy style

Jessica Leahy looks at how to turn white geek into white chic, offers tips on online buying and selects the best items for your most energetic moments.

White hot cotton

An all-white cotton ensemble in summer is anything but ground-breaking, yet it is a classic, elegant statement. So how do you wear white without looking like a lab geek on the loose? The key is to keep it simple. One of the best things about this look is it takes the guesswork out of building an outfit and just requires you to select billowy soft-textured garments, such as flowy trousers and linen shirts, and layer them. Keep accessories to white, black or nude tones to give you a fresh look grounded in minimalist chic style.



Above: Minimalist catwalk chic. Left: Nicola Waite cotton shirt, 8-22, \$270, and cropped trousers, 8-22, \$220, nicolawaite.com.

Tips for buying online

Kathryn Heaven from Style & Substance has helped us compile a guide to ensure you can buy online without regret.

Shop by centimetres, not size. Garment sizes vary from brand to brand.

Read the FAQs and fine print. If a retailer gives no information on its Terms of Use about shipping rates, return policies, etc, then look elsewhere.

Jon't be afraid to ask for help. Most sites have people ready to assist, either by email, a live chat feature or the phone.

Pay attention to fabric description. An item might look good and be a bargain, but it will save you a lot of time and effort in returns if you know what it is made from.

IGIGI poly elastane dress, 14-30, \$207.50, styleandsubstance.com.au Editor's
pick
Add colour to
your wardrobe with
this multi-toned
top from Beme. The
V-neckline and
sleeveless design
go well with denim
shorts to make
a cool, casual
day style.



Ready. Sweaty.

Athletic apparel offenders have no excuses: active wear designers are now offering stylish looks to fit all shapes and sizes.

Tank tip: Select a stretchy top in a racerback style so your arms won't feel constricted while working out and your top won't ride up to your head as you do the downward dog.



Tights tip: Darker hues such as black and charcoal are always more flattering, no matter the size of your frame. Sturdy fabrics with a snug fit will offer more support.

Running Bare polyester tights, 8-18, \$49.99, runningbare. com.au.

Glamorise polyester sports bra, 8E-20H, \$91.90, navabiaustralia.com.

Banish bounce: Sick of the "sports bra double-up"? A style with moulded cups to separate your breasts will work wonders.

That'70s show

Do we really want to revisit fashion's decade of shame? **Damien Woolnough** reveals that. with a few clever tweaks, maybe we should!

T'S EASY TO imagine that at the beginning of every season fashion designers gather on mink scatter cushions in a secret lair, sipping Diet Cokes served by startled, sample-sized 16-year-olds and vote on the decade du jour. Call it something in the air, but at the end of the shows in Milan and Paris there is usually one era that has coincidentally inspired the silhouettes and fabrics to come from all major labels. This season, it's the '70s, again.

We are all about to step back in time to the decade that was once treated with the same level of disdain as The Bachelor. Spanning the wilting years of the hippy dippy flower children and the early days of disco divas, the '70s is rich with sartorial pitfalls, such as wide satin shirt collars and ruched boob tubes. Let me guide you towards the fashion light so that you look on-trend rather than on your way to a fancy dress party.

The first '70s stop is the hippy era. With newspapers and current affairs programs crammed with distressing stories, it's no wonder designers are serving up sweet relief. Billowy dresses that cover more

Be seen, be heard! Karl Lagerfeld's latest look

than they reveal, rather like making love instead of war, are something that we can get behind. This season, you want to follow in the path of style icon Talitha Getty (without the tragic heroin overdose in 1971) and look for long-sleeved dresses in romantic blush shades or Mother Earth tones.

Wafting into the evening can be easily pulled off if you tap into free-flowing flower-child fashion by playing with vintage fabrics. Don't stop at one print; get creative and wear ikat-print pyjama pants with boldly striped coats, or a patchwork jacket festooned with Eastern fabrics. Give the little black dress a rest and have fun with print and texture. Groovy, baby!

Our next stop on the '70s express is the quintessential working woman, more concerned with equal rights than free love. Karl Lagerfeld, who frequently finds politically correct comments unfashionable, was the unexpected champion of the women's movement revival at his recent Chanel show. Supermodels including Cara Delevingne and Kendall Jenner carried placards saying "History is her story" and "Women's rights are more than alright".

Fortunately, a placard is unnecessary for this trend – it's almost impossible to find a matching handbag. Step into the equal rights aesthetic spirit by wearing the pants, as long as they're high-waisted and flared at the bottom. Pants with sailor-style buttons at the front are leading the charge, but these can provoke anxiety about making it to the bathroom in time after one too many

cranberry juices. Play it safe by ditching the buttons and sticking with utilitarian fabrics, such as military khaki cottons and denim. Top off your flares with a fitted T-shirt or jumper, pull on your boots or platforms and adopt a Germaine Greer attitude. Assertive stances can be achieved with belted denim dresses and patchwork jeans and jackets. Keep accessories to a minimum, just a boldly printed scarf knotted at the neck or oversized sunglasses and let the good times roll.

Finally, we pull up at our last stop, your favourite discotheque, where the Bee Gees are singing and Donna Summer is dancing. Disco is back but has undergone

"Give the little black dress a rest and have fun with print and texture."

a remix, which is a blessing for anyone allergic to flammable fabrics that make you perspire the moment you pluck them from a coathanger. Pull on an outfit with a generous touch of metallic and hitch the hemline as high as your modesty or religion will allow. If short dresses don't make you feel like dancing, find a pair of Lurex flared pants and do the Hustle. Bring the look into the modern era with down-to-earth Chelsea boots.

The '70s may be the decade that taste forgot, but at least today's designers have remembered the good parts. Yet don't get too attached to your groovy new look. Rumour backstage has it that Ancient Rome is attracting attention. Now, where's that toga? ■

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COVER, CONCEAL, contour, colour ... a trip to the make-up aisle can be daunting if you don't know where to begin. Whether you're starting from scratch or would like to update your look, we asked four top make-up artists – Michael Brown, Aleesa Hall, Rachael Brook and Simone Iredale – to share their best advice.

Is there a trick to stop my lipstick bleeding during the day? Two words: lip liner. Use it all over lips before applying lipstick, says Simone. This will help keep the edges sharp and also help the colour stay in place for longer. 1 Elizabeth Arden Exceptional Lip Definer in Natural, \$35, elizabetharden.com.au.

Is there an age limit on red lipstick? There's no need to stop seeing red, but you might benefit from tweaking the shade or formula, recommends Michael. If your complexion becomes easily flushed, look for an orange-red, rather than one that's too pink.

Aleesa also suggests switching from a matt lipstick (which can leave lips looking dry) to a more hydrating satin or cream formula. 2 L'Oréal Paris Colour Riche Made For Me Intense Lipstick in Perfect Red, \$21.95, 1300 659 359.

Can make-up cover my lines and wrinkles? Aim to "fill" lines and wrinkles, rather than cover them, says Simone. Primers can help



l've never worn much make-up, but now l'm in my 30s, I need something to make my skin look more even. Where do I start?

You need a BB or CC cream – pronto, says Rachael. "They're basically glorified tinted moisturisers with added benefits and they're perfect for evening out your skin tone." Apply with your fingers straight from the tube for the ultimate fuss-free face.

4 Bobbi Brown CC Cream SPF 30+, \$60, bobbibrown.com.au. 5 Avon Ideal

Flawless BB Cream, \$19.99, avon.com.au.

with this, as they are designed to smooth out the skin. "They fill pores and lines, and allow foundation to glide on with a flawless finish," she says.

3 Lâncome La Base Hydra Glow Primer, \$55, lancome.com.au.

What's the difference between blush and bronzer? Both products are designed for your cheeks, but the similarity ends there. Bronzer will shade and add warmth to the complexion, while blush adds colour. And they can be worn separately or together.

To apply bronzer, use a large, soft brush to sweep the powder from the temples to underneath the cheekbones, says Aleesa. Blush, on the other hand, should be applied high on the cheek itself. "I like a cream blush and a peachy-pink hue is normally a safe bet," she adds. 6 Clinique Chubby Stick Cheek Colour Balm in Amp'd Up Apple, \$42, clinique.com.

au. **7** Max Factor Bronzing Powder, \$24.95, maxfactor.com.au.

What's the best eye make-up to wear with glasses? Spectacles draw attention to your peepers and can also make them look larger. This means eye make-up becomes a focal point, so take extra care. An eye primer will help shadow to stay put, rather than settling into any creases, says Simone. Keep colours neutral, so they're not competing with your frames. 8 Clinique All About Shadow Primer For Eyes, \$33, clinique.com.au.





What's the best way to camouflage dark under-eye circles?

The under-eye area can be tricky, as too much make-up will settle into lines. Always start with a light eye cream to help make-up sit better, Aleesa says.

Instead of reaching for the lightest concealer to lift dark circles, look for a concealer with an orange or yellow base to counter purple around the eyes. Follow with a light-reflecting concealer to brighten the area. If all else fails, "apply blush high on the cheeks to draw attention away from dark circles," says Aleesa. 12 Laura Mercier High Coverage Concealer in 3.5, \$39, (02) 9663 4277. 13 Philosophy Time In A Bottle For Eyes, \$75, mecca.com.au. 14 L'Oréal Paris Lumi Magique Concealer, \$27.95, 1300 659 359.

How can I get a straight line when applying liquid eyeliner? It's equal parts product, technique and practice (with a little luck). Rachael suggests using a gel or felt-tip liner. "The consistency is thicker and it's less likely to run during the application."

As for the technique, aim to keep eyelids as smooth as possible. Rachael recommends looking down rather than squeezing your eye shut, and Michael suggests gently pulling the outer corner of the eye to create a taut surface.

"The rest all comes down to practice," Rachael says. 15 NP Set Liquid Eye Pen in Amazon, \$9.99, npsetcosmetics.com. 16 ModelCo Gel Eyeliner, \$26, modelcocosmetics.com.

Why does my mascara leave dirty smudges under my eyes and what can I do about it? It could be the skin around your eyes is oily, causing the mascara to run. Rachael suggests switching to waterproof mascara and dusting around the eyes with loose translucent powder to absorb any oil.

The smudges can occur when your top lashes press against your lower lashline as you squint or close your eyes. Try curling your lashes first, says Michael, to keep them pointing north. 17 Sally Hansen Sexy Curls Eyelash Curler, \$14.95, 1800 812 663. 18 Nude By Nature Mineral Finishing Veil, \$39.95, nudebynature.com.au. 19 Estée **Lauder Sumptuous Waterproof Bold Volume Lifting Mascara, \$48,** esteelauder.com.au. ■









Clinique **Sculptionary Cheek** Contouring Palette, \$45. Blush powder palettes in six shade combinations. Swirl the colours together or use individually.

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Juliet Rieden reveals this month's best beauty products.





repetto

◀ Laura Mercier **Smooth Finish** Flawless Fluide, 30ml, \$59. Super lightweight with a great matt finish and in 24 shades to suit all skin tones.



► Toni&Guy Hair **Meet Wardrobe Limited Edition** By Marchesa Heat **Protection Mist,** 150ml, \$15.99. The UK hair gurus team up with Marchesa fashion house for this special range.



 Jurlique Rosewater Balancing Mist, 100ml, \$49. The perfect natural cooling spritz on hot summer days, with rose essential oil and a bunch of botanicals.



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Brazilians to work

out the easiest way

to a golden tan.

Beauty news

Juliet Rieden tries nude lipsticks, natural face masks, tinted sunscreen and more.

PAMPER TEST

Natural ingredients give these four face masks the edge.

1. L'Occitane Masque Rosée du Matin. 75ml. \$40. The cool gel features organic angelica and gives a powerful lift to thirsty skin in just three minutes.

2. Aveda Intensive Hydrating Masque, 150ml,

\$79.95. Organic aloe, kelp and lavender condition your skin while gentle rosewater tones in this cool hydrating gel, which claims to reduce fine lines.

3. Sisley Black Rose Cream Mask, 60g, \$160.

Fragrant, light and refreshing on your skin, this premium mask really does smooth, plump and brighten.

4. Palmer's Purifying Enzyme Mask, 120g,

\$9.99. The kaolin clay lifts out deep-rooted impurities, while the papaya leaves your skin feeling fresh and smooth.

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is where you need to be with the SPF in your face cream at the height of our summer, but few foundations can deliver. The following three do the job, are easy to wear and non-greasy.

1 SunSense Daily Face SPF 50+, 200ml, \$25.95, sunsense. com.au; 2 Lancôme City Miracle CC Cream Complexion Beautifier Daily Defense SPF 50/PA+++, 30ml, \$55, 1300 651 991. 3 La Roche-Posay Anthelios XL Tinted Cream SPF 50+, 50ml, \$27.95, laroche-posay.com.au.



SHADES OF PALE

You might think that there was only one shade of nude lipstick, but no, it's all about skin tone and which colour is right for yours. Step up five celebrity ambassadors, each with a different perfect lipstick shade in the rather fab new L'Oréal Colour Riche Collection Exclusive. Are you a JLo, an Eva Longoria, a Freida Pinto, a Doutzen Kroes? I'm definitely a Julianne Moore (right, with Freida). Available from February, \$21.95 each.



has found that the number of under-15s requiring medical attention for sporting injuries surged by almost 60 per cent between 2004 and 2010, accounting for more than five times the number of hospital visits related to road traffic accidents. Sport is the main cause of injury in adolescents.

My youngest daughter is the sporty type, which makes me the "parent-standingon-the-sideline" type. Whatever the season, she loves training and looks forward to every game. We are just about to start the touch football season and, in autumn, we transition to hockey.

The many benefits of sport for children and adolescents include general fitness, bone strength, improved co-ordination and balance, healthy weight, better sleep, greater self-confidence and social development, and learning about teamwork.

Alongside the health advantages, there is the ever-present potential for injury – a deflected ball, a stray bat or racquet swung too close to someone's head, a collapsed scrum, a hard tackle, or slips and falls. Injuries can happen in all sorts of ways, depending on your sport.

Some injuries are minor and do not need any special treatment, but others are serious.

As parents, we do have to accept a certain risk of injury and factor that into our decision to encourage our children to play sport. Of course, some sports are going to be more dangerous than others, but there are precautions you can take to reduce the risk of your child suffering an injury.

Here are my top 10 tips for reducing children's sports injuries:

Choose the right sport for the right child. A child may be attracted to a sport because it is a family tradition or they have friends who play. Certain body types and personalities are more suited to particular sports. The sport will quite often select the child, or guide their position in the team. For example, the bigger boys will be selected as the rugby forwards. The taller girls will be



SPORTS WITH THE MOST SERIOUS INJURIES

- Cycling
- Football codes (including soccer)
- Basketball
- Nethall
- Wheeled motor sports
- Roller sports
- Skiina
- Horseriding

favoured for basketball. Fast runners and quick thinkers will be valued in hockey or football teams. Girls who choose ballet will most likely be slight. The right selection can reduce the risk of injury.

Are the teams selected by size, not age? With non-contact sports or minimal contact sports, such as baseball, size is not such an issue. If your child wants to play a contact sport, such as rugby or Australian Rules football, make sure they are in a team that is appropriate for their size and stage of development. This is particularly important for boys around adolescence.

Regular medical check-ups, including growth and development, are important for all children. A sport-specific physical examination

is important at the beginning of every season, particularly if there are any medical problems, such as asthma or a previous injury. If your child does not want to play organised sport, or has medical reasons not to, then a suitable individual fitness program can be devised.

Pre-season conditioning. We know that children who play team ball sports and do not do pre-season training or coach-led training sessions are much more likely to get injuries. Training should include strength, flexibility, balance and sport-specific fitness and technical skills.

Experienced coaching and skills instruction emphasises technical skills and the importance of following safety rules. It also discourages careless or dangerous play.

The right safety equipment is essential, upgraded to fit correctly as your child grows. You need to check that they have the gear in their kit before they leave home for training or on competition days. The gear will vary depending on the sport, but if mouthguards, shin and ankle guards, helmets or other devices are recommended and available, then they need to be worn routinely.

Eye protection. I am mentioning this separately because it is often overlooked. Sports such as baseball, paintball, squash and hockey may recommend the use of face shields for eye protection.

Ensure you use well-maintained playing surfaces without sharp debris or potholes.

Healthy nutrition provides energy, supports tissue growth and repair, and regulates your child's metabolism for peak sports performance. Drinking water before, during and after the game will help prevent fatigue and dehydration.

Seek prompt professional attention for any injuries and follow advice about time-out for rehabilitation before returning to sport after an injury.

For decades, we have all been desperately counting calories, but a new study shows that not all calories are equal and calorie-focused diets may even be harmful, writes Ross Edgley.

ALORIE COUNTING IS scientifically flawed. What's worse, it could be doing us more harm than good. That's according to new research published in the journal Public Health Nutrition, where experts state, "Caloriefocused thinking about obesity may mislead and harm public health".

Going completely against the dieting doctrine that has held sway for decades, the paper is set to shake the foundations of the diet industry. Published by the Cambridge University Press, the research centres around the idea that two foods with exactly the same calorie content will be processed by the body differently. As a result, the calorie-equal foods will have different effects.

Take fat as an example. Traditionally, fat has been seen as the scourge of the dieter, as it is dense in calories. However, in his research, Dr Sean Lucan says that there is now substantial evidence to suggest that

low-fat foods like potatoes and white rice are playing a big role in the development of obesity. "Conversely, evidence is mounting to exonerate higher-calorie foods that are rich in fat like nuts, oily fish and olive oil, and even foods high in saturated fat, like dairy products," he says.

For Dr Lucan and fellow researcher Dr James DiNicolantonio, rather than simply counting calories to help dieting, we should be looking at the type of food we are eating. "A calorie's worth of salmon (largely protein) and a calorie's worth of olive oil (purely fat) have very different biological effects from a calorie's worth of white rice (refined carbohydrate) – particularly with regard to body weight and fatness."

Food scientists and nutritionists are often accused of changing their minds - and you are certainly permitted to emit a short sigh as another piece of dieting doctrine appears to crumble before our eyes. Yet don't blame Drs Lucan and

DiNicolantonio. The truth is that the calorie has been on shaky ground for a long time. Just look at the haphazard way in which it made its way into the world of human nutrition. According to research from the Department of Foods and Nutrition at the University of Georgia, US, the "first known published definition of the calorie (1825) occurred in a Parisian journal called Journal de l'Industrie, des Sciences et des Beaux-Arts".

In it, Professor Nicolas Clément-Desormes expounded on his theory about how steam engines converted heat into energy. To validate his claims, Professor Clément-Desormes needed a unit of heat so he could work out how much energy is contained in fuels. His answer? The calorie. "One calorie is the amount of heat needed to elevate by one degree centigrade one kg of water," he surmised.

More than 50 years later, nutrition pioneer Wilbur O. Atwater translated the steam engine-inspired idea of the



calorie for the food research community, and introduced the concept to the US public in an 1887 article in The Century Magazine. Fast forward to the present day and, according to the Department of Foods and Nutrition, it's believed "the calorie of present food labels is similar to the original French definition of 1825".

The calorie may have signified a breakthrough in scientific thinking in 1825, but the concept seems archaic today. At the risk of stating the obvious, human beings are not steam powered. It's more fitting to liken us to complex chemical factories that extract far more than heat-based energy from food. The laws of thermodynamics that Professor Clément-Desormes proposed back in 1825 do not strictly apply to people. And yet, to this day, experts and policymakers propose calorie-controlled guidelines to combat the current obesity epidemic.

The common misconception is that when calories in is equal to calories out, people don't put on weight. It's an idea that was famously supported by Fred Stare, founder of Harvard University's Department of Nutrition, who once stated, "Calories are all alike, whether they come from beef or bourbon, from sugar or starch, or from cheese and crackers. Too many calories are just too many calories."

The new research is not the first to take aim at the "all calories are the same" school of thinking. Research from the Journal of the International Society of Sports Nutrition in 2004 stated that "biologically speaking, a calorie is certainly not a calorie". Which is exactly what the study

published by the Cambridge University Press wants addressing. In particular, the authors consider how calorie-focused thinking is inherently biased against high-fat foods, many of which may be protective against obesity.

In essence, they are campaigning to stop the vilification of all dietary fats. And for good reason, too. Fat may contain nine calories per gram – five more than carbohydrates and protein - but the way it is processed differs depending on the food. For example, research conducted at Vanderbilt University in the US, discovered the fat known as medium-chain triglycerides that is commonly found in coconut oil actually serves to stimulate thermogenesis.

"This increased energy expenditure provides evidence that excess energy derived from medium-chain triglycerides is stored with a lesser efficiency," the researchers found. To put it in layman's terms, the fat content of medium-chain

Calorie-focused

thinking is biased

against high-fat foods,

many of which may

be protective against

obsesity.

triglycerides isn't stored in the body as fat, but rather increases the rate at which we burn it. The idea is supported by scientists from the School of Dietetics and Human Nutrition at McGill University, Canada, who concluded that, "Medium-chain triglycerides increase energy expenditure and may result in faster satiety and facilitate weight control".

Now, it must be noted that coconut oil is just one food source. There are thousands more fatty foods out there with impressive – and less impressive – nutritional benefits. Yet it exemplifies why we should stop vilifying certain healthy food sources within our current calorie-controlled framework.

The ramifications of all this are potentially seismic. As the researchers from the new study write, "Public health should work primarily to support the consumption of whole foods that help protect against obesity-promoting energy imbalance and metabolic dysfunction, and not continue to promote calorie directed messages that may create and blame victims, and possibly exacerbate epidemics of obesity and related diseases."

It's time we update and mass broadcast a more advanced nutritional understanding of food. Calorie counting has had its day. If we don't move on from its archaic ways, the worrying trends around obesity in the Western world will only worsen and our health as a whole will decline. ■

Ross Edgley is a UK writer and broadcaster who specialises in health and nutrition. He is co-founder of The Protein Works.



calorie count.





66 WHETHER IT'S TRIGGERED BY THE WEATHER, THE CAT OR YOUR COLLEAGUE'S PERFUME, LIVING WITH **ALLERGIES IS NO FUN - AND** IN SOME CASES IT CAN BE DANGEROUS. ??

WHY DOES IT HAPPEN?

Allergies are caused by the immune system's reaction to an otherwise harmless substance. These substances are called allergens and the common culprits are grass pollens, dust mites, dogs and cats, chemicals and some food proteins. In people with allergies, these allergens stimulate the immune cells to produce a chemical called histamine.

IS IT AN ALLERGY?

Food allergies are on the rise, affecting one in ten children and two percent of adults but it's easy to confuse food intolerance with allergy. People with intolerance might have headaches, bloating or mouth ulcers after eating certain foods but they don't have food allergies because their symptoms are not the result of an immune response.

MOST COMMON **ALLERGIC CONDITIONS** HAY FEVER (ALLERGIC RHINITIS), ASTHMA, FOOD ALLERGY, ECZEMA

BROUGHT TO YOU BY

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PHOTOGRAPHY BY PAUL SUESSE

Ask the doctor

Our medical expert. Professor Kerryn Phelps, discusses why seeing your GP regularly is a good idea as you age and answers readers' health questions.

I had a small stroke about five years ago. Now I have double vision. I've seen an ophthalmologist, who found nothing. Then I went to a neurologist and found nothing. I'm thinking of trying acupuncture. Do you have any ideas?

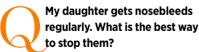
U.F.. NSW.

There are many possible causes of double vision other than a consequence of your stroke, including unstable tear film or cataract. Try using a simple moisturising eye-drop. If this does not help, go back to your GP and discuss seeking another opinion. Acupuncture is unlikely to help this.

For years in my youth, I sunbaked and now I'm paying the price. I'm 79 and the spots vary in size and in colour from beige to grey to dark brown - ghastly! Surely there is a magic solution?

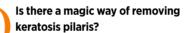
J.C., Qld.

There are various cosmetic techniques to remove pigmentation from sun-damaged skin. Options include topical peels, laser, IPL (intense pulsed light), dermabrasion and bleaching creams. A cosmetic dermatologist can advise you on the best approach for your skin type.



B.A., Tas.

Recurrent nosebleeds usually come from an area just inside the nostril called Little's area. Discourage nose-picking or excessive nose blowing. Take her to her GP for a medical check-up. She may be referred to an ear, nose and throat specialist for cauterisation.



C.D., Vic.

No magic formula, sorry. It's a common genetic condition where there are rough follicular spots, which may be skin-coloured, red or brown. Ask your doctor to confirm the diagnosis. It is usually on the upper arms, but can be on the back, thighs, cheeks and forearms. Use a non-soap cleanser and rub the affected area gently with a pumice stone or exfoliating sponge in the shower or bath. Then moisturise regularly. Topical retinoid creams may help.

I wake in the middle of the night with a burning sensation in my feet. A few years ago, my feet felt on fire and swollen. Prior to that I had no problems with my feet. I'd appreciate your advice.

There are many possible reasons for burning feet. The most common is diabetes. Others include vitamin B deficiency, excess alcohol, a medication side-effect, and an underactive thyroid. Your GP can start the investigations.



Why you need a GP Research continues to confirm the value of having your own GP as you get older. A study by University of Western Australia has shown that the risk of hospital admissions related to inappropriate medications in elderly people is lower in those who have regular contact with their GP.

I am going through menopause and my problem is hot flushes. What is a natural way to lessen the effects?

Managing menopause symptoms involves lifestyle adjustments such as maintaining ideal body weight, regular exercise, dressing in layers and avoiding alcohol. Herbal supplements are helpful, particularly used in combinations depending on the symptoms you are trying to relieve, and might include black cohosh. St John's wort, dong quai, vitex, Rehmannia and withania. You will need professional advice on what is best for you. Acupuncture can help.

HAVE A QUESTION? If you have a question for Professor Kerryn Phelps, write to: Ask The Doctor, GPO Box 4178, Sydney, NSW 2001 or email openline@bauermedia.com.au. Letters cannot be answered personally. See the Contents page in this issue for the location of Bauer Media Limited's Privacy Notice.

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JUICE BOOSTS

With all the anti-sugar stories buzzing around, one thorny subject is fruit juice, which even in its purist form – freshly squeezed with no preservatives – packs a punch in the fructose department. Many parents swapped fizzy pop for fruit juice in their kids' lunchbox a decade or so ago, but the new thinking on juice from nutritionists is that either a small shot of juice with breakfast or watered down juice is the go.

A is for avocado

WEIGHT WATCHERS TEND TO AVOID
AVOCADO BECAUSE OF ITS KILOJOULES
(UP TO 2100KJ PER FRUIT), BUT
RESEARCHERS IN THE UNITED STATES
STUDYING OVERWEIGHT ADULTS HAVE
DISCOVERED THAT THOSE WHO EAT HALF
AN AVOCADO FOR LUNCH FEEL FULLER
FOR LONGER AND IN ADDITION GET THE
FRUIT'S HEART-HEALTHY FATS, PROTEIN,
POTASSIUM AND VITAMINS B6 AND A.

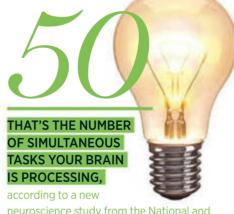
Health news

Juliet Rieden looks into sugar levels in fruit juice, antiobiotic misuse, why avocados rock and more.

ANTIBIOTIC OVERLOAD

A survey led by The Royal Melbourne Hospital has put antibiotic misuse under the spotlight: it found a quarter of prescriptions for antibiotics in Australian hospitals were inappropriate or inadequate for the stated clinical problem. As a result, bacteria previously seen only in hospitals are becoming more common in the

community. The hospital now has a \$2.5 million research grant to find out more.



neuroscience study from the National and Kapodistrian University of Athens. While this figure is lower than scientists first supposed, the actual tasks are more complex and the findings will be used by computer nerds hoping to build chips as powerful as our brains.



Hope for Parkinson's breakthrough Ultrasound brain surgery may be able to reduce shakes – or dyskinesia – in Parkinson's disease sufferers if a new clinical trial, which has started with a patient in South Korea and is looking to set up in the US and Canada, is successful. While the procedure is non-invasive, it is irreversible, so a lot is riding on the trials. If it works, it will provide huge relief for Parkinson's patients around the world.





It's blooming in the arms and legs of many women (and men) across Australia: lymphoedema, an often unstoppable swelling that causes limbs to bulge in the wake of cancer surgery. Yet new procedures to help are on their way, reports **Catherine Marshall**.

OBYN METCALF WAS weeks away from a family skiing holiday in the US in 1994 when she noticed a peculiar swelling around her pelvic area and upper thigh. A masseuse in her home city of Sydney tried to drain the fluid, but two weeks later, during the 20-hour plane trip to America, Robyn's leg and foot swelled up so dramatically that she required physiotherapy so she could fit into her ski boot.

Unbeknown to her, Robyn was suffering the onset of secondary lymphoedema, a condition provoked by the routine removal of lymph nodes from her groin during cancer surgery 18 months earlier. The lymph flow in Robyn's leg had been interrupted, causing lymph fluid – which contains inflammatory cells and would ordinarily be flushed from the system – to leak into the surrounding tissue. The die had been cast: Robyn's skin

would gradually deteriorate and the tissue between skin and muscle would turn fatty or fibrotic. Ultimately, she would run the risk of contracting cellulitis, a bacterial infection that requires hospitalisation and intravenous antibiotics, and which can lead to septicaemia.

The diagnosis, when it was delivered by Robyn's surgeon upon her return to Sydney, came as a blow: for the rest of her life she would have to wear expensive, made-to-measure compression garments (often called "sleeves") to prevent further leakage of lymph fluid, undergo regular massage therapy and protect the skin on her affected leg from irritation (sunburn, insect bites, abrasions) lest infection set in.

"I didn't understand that this was forever," recalls the now 63-year-old. "I didn't return to my competition squash and covered my leg whenever possible. I couldn't walk on a sandy beach or feel the cool water over my feet. Swimming at the beach was just too difficult. My

self-esteem took a beating. I tried to keep a positive attitude, but the frustration sometimes overcame me and I finally had to seek treatment for depression."

As the incidence of cancer in Australia grows, so does the risk of secondary lymphoedema. A study by The National Breast and Ovarian Cancer Centre, now part of Cancer Australia, estimates that

20 per cent of breast, genitourinary, gynaecological and melanoma patients will go on to develop lymphoedema in their legs or arms following the removal of nodes

from the groin or armpit (nodes are removed to determine whether the cancer has spread). Moreover, a small number of Australians will live with the condition for life: sufferers of primary lymphoedema who are either born with an underdeveloped lymphatic system or who develop the condition during puberty, pregnancy and menopause, or when the body's immune system is compromised.

"It's fairly random [among cancer patients] – the one thing that we know is the larger the number of lymph nodes removed, the more likely that you'll get lymphoedema," says Dr Helen Mackie, a lymphoedema and rehabilitation specialist at Sydney's Mt Wilga Private Hospital and Macquarie University Cancer Institute (MUCI). "Radiotherapy directly over those lymph nodes will also perhaps increase the likelihood of lymphoedema and also being overweight."

Despite this, lymphoedema is not always accurately diagnosed by medical professionals – a further tragedy heaped upon the patient's original cancer diagnosis. Yet changes are afoot – MUCI is part of an international study to determine whether early intervention prevents the onset of lymphoedema.

"We now have the capacity to pick up sub-clinical lymphoedema, before there is any clear evidence of swelling," says Dr Mackie. "If we intervene at that point, hopefully, in the future we can show that the early intervention has prevented people from going on to more severe cases. But there will be a percentage of people who you simply cannot do anything about and

it's really important that people who do get lymphoedema are informed or know that they got it because they had cancer and they had the lymph nodes removed, not because they did something they shouldn't have done. There should not be any guilt attached to lymphoedema."

For those already beset by the condition, treatment is an endless treadmill of self-

"THERE SHOULD

NOT BE ANY GUILT

ATTACHED TO

LYMPHOEDEMA."

massage and manual lymphatic drainage to augment lymph flow, the strict wearing of compression garments and regular, brisk exercise. And while still in their infancy,

surgical interventions are showing promise: the reconnection of the lymphatic and venous systems by super-microscopic surgeons (a procedure not yet readily available in Australia); lymph node transfers (where healthy nodes from areas such as the shoulder or chest are implanted into the affected area); and liposuction, the modern version of a "de-bulking" operation where the fatty or fibrotic tissue is removed from enlarged limbs.

Poignantly, it was as her own mother was dying of cancer that Tiina Eriksson became aware of Macquarie University Hospital's liposuction treatment program. She was herself in remission from a rare and recurrent form of endometrial cancer that she'd been diagnosed with in 2007, at the age of 43. Suffering severe lymphoedema in one leg, she was a good candidate for the surgery. "I was excited at the prospect of having a more normallooking leg, but also apprehensive because it was going to be a fairly complicated and expensive process," she recalls.

Four litres of fat were drained from Tiina's affected leg. Her foot, with its toes resembling "fat little piggies who've had roast beef", was excluded from the procedure due to the risk of permanent nerve damage. Yet her leg was transformed.

"It's now been just over a year since my surgery and the result is as good as could be expected," she says. "The shape may not be exactly identical to my healthy leg, but I can now wear any type of pants without feeling self-conscious and can finally fit my calf easily into knee-high boots." While liposuction excises much of the limb's abnormal tissue, it doesn't cure lymphoedema and Tiina must continue wearing compression stockings to prevent the reswelling of her leg.

For Robyn Metcalf, her mismatched legs are no longer a source of shame. She eventually returned to her beloved sport and went back to wearing skirts and shorts. Today, she serves as a role model to others suffering this condition through her support of the recently launched Lymphoedema Action Alliance.

"I hope I can pass on some inspiration for those struggling with the concept in those early dark days," she says. "Life is for living and it is up to us to be proactive and be the best that we can be."

For more information about lymphoedema, visit actionalliance.org.au and lymphoedema.org.au.

CALL TO ACTION

The Lymphoedema Action Alliance – which was launched recently by former Queensland Premier Anna Bligh, herself a cancer survivor – is comprised of 15 cancer, lymphoedema, academic and women's organisations, and aims to improve access to affordable treatment for lymphoedema patients. At present, compression garments are prohibitively expensive and services for both primary and secondary sufferers of lymphoedema are inconsistent. Moreover, medical complications are costly.

"Cellulitis often requires 48 hours in hospital and a week of follow-up by a community nurse and a GP at least. It's a huge cost to the community," says Dr Debbie Geyer, who chairs the

Lymphoedema Support Group for NSW.

"If we invest earlier, we can reduce that cost – not to mention make people healthier and happier."



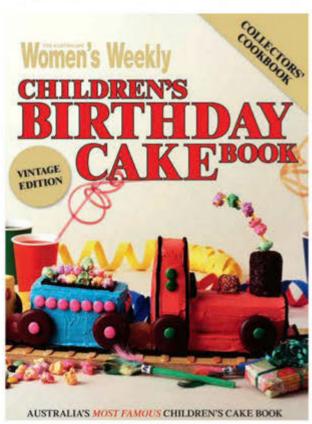
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Kids' parties can be difficult for parents – there's so much to think about. This book makes the whole thing a piece of cake. It's divided into party themes with innovative ideas for invitations, dress-ups, games, table decorations, the food, take-home treats and, of course, the cake – all created to match the party theme.



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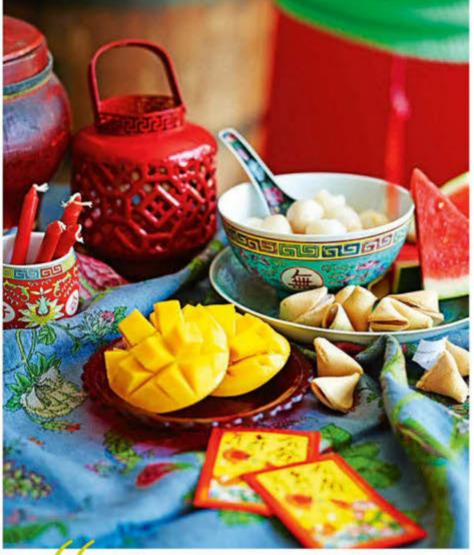












Kung Hei Fat Choy, everyone!' Happy Chinese New Year!

RADITIONALLY, CHINESE New Year or the Lunar New Year is the most important of the annual Chinese holidays. The festival begins with the new moon on the first day of the first lunar month in the Chinese calendar and ends on the full moon, 15 days later, with the Lantern Festival.

The New Year's Eve dinner is sumptuous and the huge amount of food prepared at this time is intended to symbolise wealth and abundance for the household. Traditional servings are a whole fish, which represents togetherness, and a chicken, presented with head, tail and feet to symbolise completeness. Noodles should be uncut, as they represent long life.

Then, on New Year's Day, an elaborate vegetarian dish called Buddha's Delight

is offered, the ingredients of which have special meanings. For example, lotus seed is believed to confer many male offspring, while the Chinese name for black moss seaweed is a homonym for exceeding in wealth and the word for bamboo shoots sounds like "wishing that everything would be well". Oranges and tangerines symbolise abundance and happiness, and candy is eaten to ensure a "sweet" year.

It is vital to have flowers and floral decorations, in recognition of the fact that without flowers there would be no fruit. Live, blooming plants symbolise rebirth and new growth.

Since it is believed that appearance and attitude during Chinese New Year set the tone for the rest of the year, red clothing is preferred as it is considered a bright, happy colour.

Celery, carrot and cabbage salad SERVES 4-6 AS A SIDE DISH OR AS PART OF A **BANQUET PREP AND COOK TIME 25 MINUTES**

The sweet, sour, salty and vinegary tastes of this salad are reminiscent of the Vietnamese "coleslaws", which I adore. There is an absolute freshness and vibrancy to this salad that makes it delicious by itself, or with cooked prawns. cooked chicken or steamed fish fillets.

1 small cucumber 3 small carrots, peeled 1 teaspoon white sugar 1 teaspoon sea salt 2 sticks celery, sliced on the diagonal ½ cup (125ml) malt vinegar 2 tablespoons white sugar, extra 2½ cups finely shredded Savoy cabbage 3 cup julienned green onion (green shallot) 11/4 cups fresh bean sprouts ½ cup mint leaves 2 tablespoons light soy sauce 2 tablespoons lemon juice pinch Sichuan pepper and salt (see Kylie's tips, opposite, for recipe) 1 teaspoon each of white and black sesame seeds, toasted

1 Using a vegetable peeler, finely slice the cucumber and carrots lengthways into ribbons. Set cucumber aside and cut carrot into a fine julienne (long, thin strips).

2 Combine carrot with the sugar and salt in a medium bowl, mix well and leave to stand for 15 minutes.

3 Add celery to a small saucepan of boiling salted water and blanch for 30 seconds. Drain, refresh under cold water and drain again. Set aside.

4 Combine vinegar and extra sugar in a small heavy-based saucepan and stir over heat until sugar dissolves. Simmer, uncovered, for about 1 minute or until slightly reduced. Set aside to cool before stirring through pickled carrot. **5** In a bowl, combine pickled carrot mixture, celery, cabbage, onion, bean sprouts and most of the mint. Pour over combined soy sauce and lemon juice, and mix well. Season to taste with Sichuan pepper and salt. **6** Arrange the salad in a bowl, top with the reserved cucumber, remaining mint and sprinkle with seeds. Serve immediately. Not suitable to freeze or microwave.





Steamed whole snapper with black beans and chilli

SERVES 2 AS A MAIN OR 4 AS PART OF A BANQUET PREP AND COOK TIME 30 MINUTES

There are many different ways in the Chinese kitchen to dress steamed fish. This dressing is made from salted black beans, chilli, ginger and garlic, and its pungent flavour seeps right into the flesh of the fish during the cooking process. The resulting juices are amazingly delicious soaked up with steamed rice.

550g whole snapper, scaled, gutted, cleaned

5cm x 3cm piece (25g) fresh ginger, sliced finely on mandolin

3 cloves garlic, chopped finely

2 tablespoons salted black beans

1 teaspoon dried chilli flakes

1 teaspoon white sugar

2 green onions (green shallots), cut into 10cm lengths

1/4 cup (60ml) shao hsing wine or dry sherry

2 tablespoons light soy sauce

2 green onions (green shallots), extra, sliced finely

2 tablespoons peanut oil

1 Bring a large saucepan or wok of water to the boil.

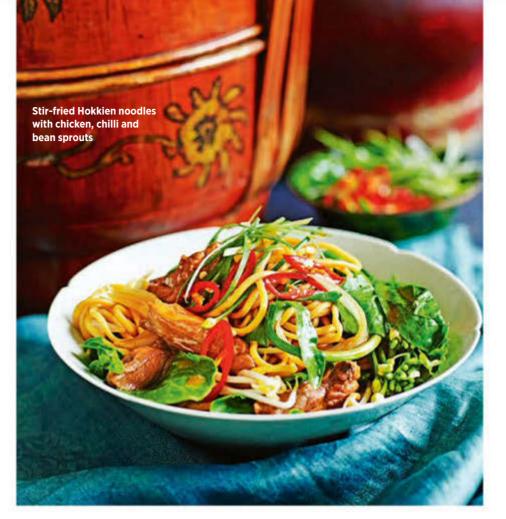
2 Pat fish dry with kitchen paper and place on a chopping board. Using a sharp knife, make four diagonal slits on one side of the fish. Turn the fish over and repeat on the other side. Place fish in a shallow heatproof bowl that will fit inside a steamer basket. Combine ginger, garlic, black beans, chilli flakes and sugar in a bowl and spread mixture evenly over the fish, pressing it into the slits. Tuck the onion lengths into the belly and pour the wine or sherry over the entire fish.

3 Place bowl inside steamer and cover with the lid. Position over the pan or wok of boiling water and steam for 8 minutes or until fish is cooked. The flesh should be white: if it is still translucent, cook for another minute or so.

4 Carefully transfer cooked fish to a serving platter. Pour all the cooking juices over the fish, along with the soy sauce, and scatter with the extra onion.

5 Heat oil in a small saucepan until smoking hot, then pour over the fish to scald and sear the onion. Serve immediately.

Not suitable to freeze or microwave.



Stir-fried Hokkien noodles with chicken, chilli and bean sprouts

SERVES 4 AS MAIN OR 4-6 AS PART OF BANQUET PREP AND COOK TIME 25 MINUTES (+ MARINATING TIME)

This combination of chicken, chilli and bean sprouts reminds me of the zesty noodle dishes of Thailand. Remember that Hokkien noodles are already cooked when you buy them from the supermarket.

400g chicken thigh fillets, cut into 2cm slices 1/4 cup (60ml) vegetable oil 1 bunch gai lan (Chinese broccoli), trimmed, stems and leaves separated 1 small white onion, cut in half, then into thick wedges

12 slices fresh ginger

450g packet fresh Hokkien noodles

2 tablespoons shao hsing wine or dry sherry

1 tablespoon white sugar

1 tablespoon light soy sauce

1 tablespoon oyster sauce

1 tablespoon malt vinegar

½ teaspoon sesame oil

1 cup fresh bean sprouts

½ cup julienned green onion (green shallot) 2 large fresh red chillies, sliced finely on the diagonal

MARINADE

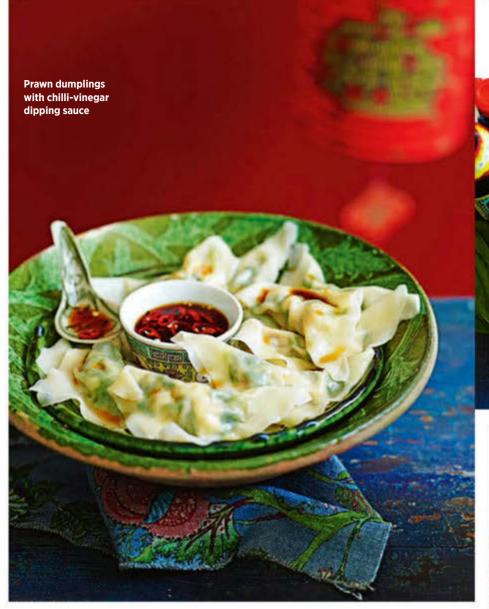
1 tablespoon white sugar 1 tablespoon light soy sauce 1 tablespoon shao hsing wine or dry sherry 1/2 teaspoon sesame oil

1 Combine chicken and Marinade ingredients in a bowl: cover and leave to marinate in the refrigerator for 30 minutes.

2 Heat 2 tablespoons of the oil in a hot wok until surface seems to shimmer. Remove chicken from Marinade; reserve Marinade. Add chicken in two batches and stir-fry for 1 minute or until browned. Remove from wok and set aside. Add gai lan stems and stir-fry for 1 minute or until softened slightly. Add to chicken.

3 Add remaining oil to hot wok with onion and ginger, and stir-fry for 1 minute. Toss in noodles, reserved chicken and gai lan stems, wine or sherry, sugar, soy sauce, oyster sauce, vinegar, sesame oil and reserved Marinade, and stir-fry for 1 minute. Add gai lan leaves, bean sprouts, most of the green onion and half the chilli, and stir-fry for 30 seconds or until chicken is just cooked through and noodles are hot.

4 Arrange noodles in bowls, top with remaining chilli and green onion, and serve immediately. Not suitable to freeze or microwave.





SERVES 4 AS A STARTER PREP AND COOK TIME **30 MINUTES**

This recipe allows you to enjoy freshly made Chinese-style dumplings without all the fuss of making and rolling your own dough. I simply buy a packet of fresh wonton wrappers from a Chinese grocery store and wrap them around this delicious filling. You could substitute the prawn meat with freshly picked crabmeat or scallop flesh. It's really best to make the dumplings on the day you wish to eat them, since they get soggy if left overnight in the refrigerator.

360g fresh uncooked king prawns 2 green onions (green shallots), sliced finely 5cm x 1cm piece (15g) fresh ginger, chopped finely 1 teaspoon light soy sauce 1/2 teaspoon white sugar

1 tablespoon chopped fresh coriander 1 tablespoon chopped fresh mint 1/2 teaspoon sesame oil 16 fresh wonton wrappers (about 8cm square)

CHILLI-VINEGAR DIPPING SAUCE

1 large fresh red chilli, sliced finely 2 tablespoons light soy sauce 1/4 cup (60ml) malt vinegar

1 CHILLI-VINEGAR DIPPING SAUCE: Place ingredients in a small bowl and combine well. Set aside until required.

- 2 Peel and devein prawns. Cut prawns in half lengthways, then cut into 1cm pieces.
- **3** Combine all ingredients, except wonton wrappers, in a bowl.
- 4 Place a heaped teaspoon of filling in the centre of a wrapper, then moisten the edges. Gently fold the wrapper over the filling to create a triangle. Lightly press around the filling and along the edges to seal. Repeat

with the remaining wrappers and filling. **5** Bring a large saucepan of water to the boil. Drop the dumplings into the water and boil for 21/2 minutes or until cooked and wrappers are translucent. To test if the dumplings are ready, you will need to remove one and cut into it with a sharp knife to check that the filling is hot and prawn is cooked through. When ready, remove dumplings with a slotted spoon and drain on a plate.

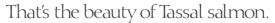
6 Arrange dumplings on a platter and serve immediately with a side dish of Chilli-vinegar Dipping Sauce.

Not suitable to freeze or microwave.

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Butterflied lamb with lemony herb potatoes

SERVES 4 PREP AND COOK TIME 1 HOUR (+ MARINATING AND RESTING TIME)

2 tablespoons rosemary leaves, chopped coarsely $\frac{1}{2}$ cup (125ml) white wine 6 cloves garlic, chopped finely 1/4 cup (60ml) extra virgin olive oil 1/4 cup (90g) honey 1 tablespoon finely grated lemon rind 2.8kg leg of lamb, boned, butterflied 2 tablespoons ground sumac 1kg new potatoes rosemary sprigs, lemon wedges and green salad, to serve

HERB DRESSING

1 cup loosely packed flat-leaf parsley leaves 1/3 cup mint leaves 2 tablespoons lemon juice ½ cup (125ml) extra virgin olive oil 2 tablespoons finely chopped chives

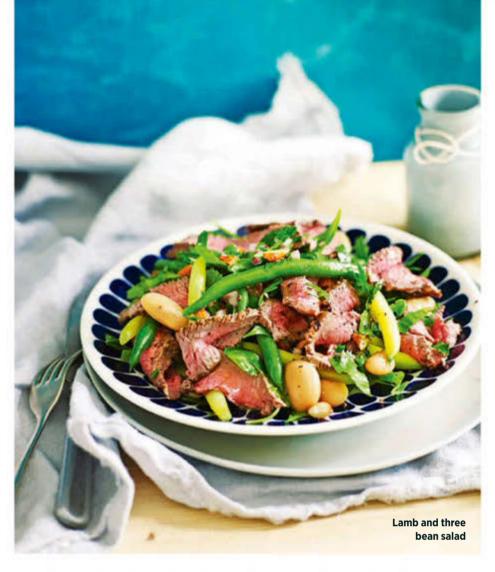
1 Combine the rosemary, wine, garlic, oil, honey and rind in a small bowl.

2 Put the butterflied lamb in a large shallow dish: rub the marinade all over the lamb. Cover. refrigerate for several hours or overnight.

3 HERB DRESSING: Blend or process the parsley, mint, juice and oil to make a coarse dressing. Transfer to a small jug or bowl. Season to taste with sea salt and freshly ground black pepper, then stir in the chives.

4 Remove lamb from the fridge and stand at room temperature for 30 minutes. Sprinkle the sumac over the lamb skin.

5 Heat barbecue to medium-high. Cook the lamb for 30 minutes, turning regularly, or until done as desired. If the lamb is cooking too quickly on the outside, cover loosely with foil or place an upturned baking dish over the lamb to help it cook through. Transfer lamb to a tray and season generously with sea salt and freshly ground black pepper. Cover loosely with foil and stand for 15 minutes. **6** Meanwhile, place the potatoes in a large saucepan of salted cold water; bring to the



boil. Reduce to a simmer and cook, covered, for 20 minutes or until tender. Drain the potatoes and roughly cut them into chunks. Pour over the Herb Dressing and gently turn to coat potatoes. Season to taste. 7 Reserve 500g lamb for Lamb And Three Bean

Salad (see recipe, below). Slice remaining lamb. Sprinkle lamb with rosemary and serve with potatoes, lemon wedges and salad, if desired. Not suitable to freeze. Potatoes suitable to microwave.

Test Kitchen tip: The lamb can also be cooked in the oven at 200°C (180°C fan-forced) for about the same

Lamb and three bean salad SERVES 4 PREP AND COOK TIME 25 MINUTES

cooking time.

1/4 cup (60ml) extra virgin olive oil 2 tablespoons red wine vinegar 200g green beans, trimmed, halved 200g yellow beans, trimmed, halved 400g can butter beans, rinsed, drained ½ medium (85g) red onion, sliced thinly ½ cup coarsely chopped flat-leaf parsley ½ cup (80g) coarsely chopped roasted natural almonds (almond kernels) 50g wild rocket 500g thinly sliced roast lamb (from **Butterflied Lamb With Lemony Herb**

Potatoes recipe, left)

1 Bring a large saucepan of salted water to the boil.

2 Whisk the oil, vinegar and some sea salt and freshly ground black pepper to taste in a large bowl until combined.

3 Blanch the green and yellow beans in the boiling water for 2 minutes. Drain and briefly refresh under running cold water. Put them into the bowl with the dressing and add the butter beans, onion, parsley and almonds. Toss to combine.

4 Divide the rocket, lamb and bean salad between serving bowls.

Not suitable to freeze or microwave.



Portuguese chicken

SERVES 4 PREP AND COOK TIME 1 HOUR 10 MINUTES

1 medium (170g) red onion 6 cloves garlic, chopped 2 tablespoons finely chopped preserved lemon (see Test Kitchen tip, opposite) 2 teaspoons chilli flakes 1 teaspoon smoked paprika 1/2 teaspoon ground cumin 1/4 cup (60ml) extra virgin olive oil 1/4 cup (60ml) red wine vinegar 2 tablespoons tomato paste 2 x 1.6kg whole chickens coriander leaves and lemon wedges, to serve

CITRUS COUSCOUS

1 orange 1 lemon 1 cup (200g) couscous 1 teaspoon butter 2 green onions (green shallots), sliced thinly $\frac{1}{2}$ cup coarsely chopped coriander leaves ½ cup coarsely chopped flat-leaf parsley leaves

- 1 Preheat the oven to 200°C (180°C fanforced). Line a large oven tray with baking paper.
- 2 Process the onion, garlic, preserved lemon, chilli, paprika, cumin, oil, vinegar and tomato paste to a smooth paste.
- 3 Place chickens breast side-down on a board. Using a sharp knife or kitchen scissors, cut along both sides of the backbone and remove backbones. Turn chickens over and flatten by pressing down along breastbone with the heel of your hand. Place the chickens on the prepared tray and brush the paste over both sides of the chicken. Season with sea salt and freshly ground black pepper.
- 4 Roast chicken for about 50 minutes or until cooked through. Cover with foil and stand for 5 minutes.
- 5 CITRUS COUSCOUS: Meanwhile, remove the rind from the orange and lemon with a zester. (Or peel rind thinly avoiding white pith. Cut rind into long thin strips.) Place the couscous in a large heatproof bowl with the butter and half the rinds; pour over 1 cup (250ml) boiling water. Cover the bowl and

stand for 10 minutes. Using a fork, separate the grains of couscous. Cover couscous and stand for a further 5 minutes, before stirring in the onion and herbs. Season to taste with sea salt and freshly ground black pepper; sprinkle with remaining rinds.

6 Cut one chicken into pieces and serve with Citrus Couscous; scatter with coriander leaves and serve with lemon wedges. Cover and refrigerate the second chicken for Spicy Chicken Tortillas (see recipe, below).

Not suitable to freeze or microwave.

Spicy chicken tortillas

SERVES 4 PREP AND COOK TIME 25 MINUTES

125g spreadable cream cheese 2 medium (500g) avocados, chopped 1 long fresh red chilli, seeded, chopped finely

1 teaspoon lime juice

1 cup loosely packed fresh coriander leaves 2 cups (320g) shredded cooked chicken (from Portuguese Chicken recipe, left) 2 cups (120g) shredded iceberg lettuce 1 medium (200g) red capsicum, julienned 1 medium (200g) yellow capsicum, iulienned

8 soft tortillas lime wedges, to serve

- 1 Put the cream cheese into a small bowl and stir to soften.
- 2 Place the avocado, chilli and juice in a small bowl; season to taste with sea salt and freshly ground black pepper. Stir gently to combine. Top with coriander.
- **3** Place the chicken in a dish and lettuce and capsicum in a separate bowl.
- **4** Heat the tortillas, following the instructions on the packet.
- **5** Spread a little cream cheese over warm tortilla then top with remaining ingredients, allowing diners to assemble their own. Serve with lime wedges.

Not suitable to freeze or microwave.

Test Kitchen tip: If you prefer to serve the chicken hot, microwave on medium-high for about 1½ minutes or until piping hot, stirring halfway through heating time.





Herb crusted sirloin with grilled vegetables

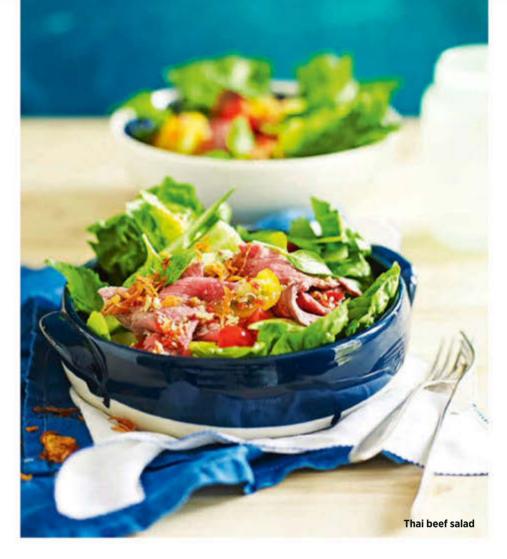
SERVES 4 PREP AND COOK TIME 1 HOUR 45 MINUTES (+ MARINATING AND STANDING TIME)

1/3 cup (95g) wholegrain mustard 2 tablespoons soy sauce 2 tablespoons extra virgin olive oil 4 cloves garlic, crushed 2 teaspoons coarsely chopped fresh rosemary ½ cup coarsely chopped flat-leaf parsley leaves 1 teaspoon cracked black pepper 2.5kg piece beef sirloin 4 medium (480g) zucchini, halved lengthways 4 (240g) Japanese or finger eggplants, halved lengthways 2 medium (400g) red capsicums, cut into thick strips 2 bunches asparagus, trimmed ½ cup (125ml) extra virgin olive oil, extra 1/4 cup (40g) toasted pine nuts 20 basil leaves, sliced 2 teaspoons finely grated lemon rind

1 Combine the mustard, sauce, oil, garlic, rosemary, parsley and pepper in a small bowl. 2 Coat the sirloin with the herb mixture and refrigerate for 1 hour.

2 tablespoons lemon juice

- **3** Stand the beef at room temperature for 30 minutes. Meanwhile, preheat the oven to 180°C (160°C fan-forced).
- 4 Place beef in a medium baking dish. Roast for about 1 hour 30 minutes for medium or until done as desired. Season the beef with sea salt. Cover loosely with foil; stand for 10 minutes.
- **5** Put the zucchini and eggplant into one bowl and the capsicum and asparagus into another. Drizzle ¼ cup of the extra oil over the vegetables and season with sea salt and freshly ground black pepper. Toss to coat the vegetables in the seasoned oil.
- **6** Heat a chargrill pan or barbecue. Grill the zucchini and eggplant for 5 minutes. Add the capsicum and asparagus; turn the zucchini and eggplant pieces over. Continue to cook for a further 5 minutes, turning the capsicum and asparagus halfway through.
- **7** Blend or process the pine nuts, basil, rind, juice and remaining 1/4 cup olive oil to a coarse paste.
- 8 Arrange the vegetables on a large serving



platter and spoon over the pine nut dressing. Reserve 500g of beef for Thai Beef Salad (see recipe, below). Slice remaining beef and serve alongside the vegetables. Sprinkle with extra baby basil leaves, if desired.

Not suitable to freeze or microwave.

Test Kitchen tip: If roasting the beef straight from the refrigerator, add about an extra 15 minutes of cooking time. The beef can also be cooked in a covered barbecue.

Thai beef salad

SERVES 4 PREP AND COOK TIME 25 MINUTES

1/3 cup (80ml) lime juice 2 tablespoons fish sauce 2 teaspoons grated palm sugar 1 clove garlic, crushed 1 stick lemon grass (white part only), chopped finely 1 tablespoon finely chopped fresh ginger 1 fresh long red chilli, seeded, chopped finely 2 baby gem cos lettuce, sliced into thin wedges

400g tomato medley, quartered 2 (260g) Lebanese cucumbers, sliced into thin wedges

1 cup loosely packed Thai basil leaves 1 cup loosely packed fresh mint leaves 500g thinly sliced roast beef (from Herb Crusted Sirloin recipe, left) 1/4 cup (20g) fried shallots

1 Put the juice, sauce, sugar, garlic, lemon grass, ginger and chilli into a small screw-top jar and shake to combine.

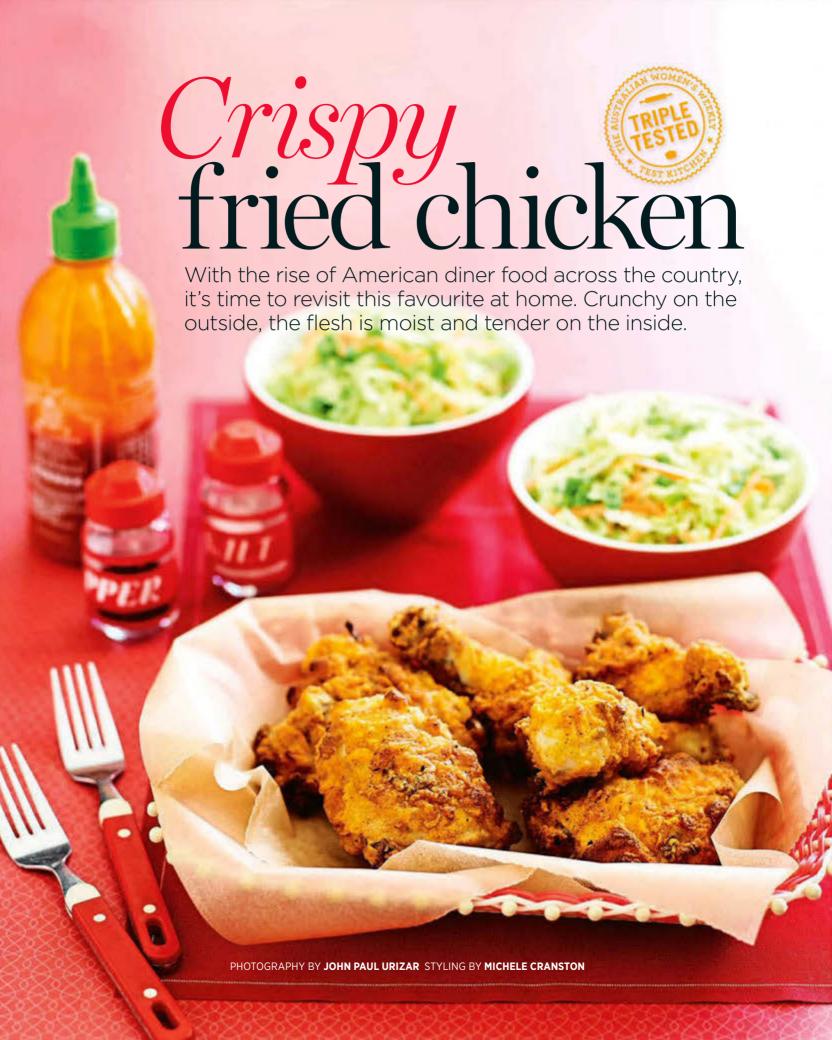
2 Arrange the remaining ingredients, except shallots, on a serving platter and spoon over the dressing. Sprinkle with shallots.

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Not suitable to freeze or microwave.

Test Kitchen tip: Fried

shallots are available in the Asian aisle of supermarkets and Asian food stores. If Thai basil is unavailable, you can use coriander.



Southern fried chicken

SERVES 4-6 PREP AND COOK TIME 45 MINUTES (+ REFRIGERATION TIME)

8 small chicken drumsticks
4 chicken thigh cutlets, excess fat and skin trimmed
2 cloves garlic, chopped coarsely
1 tablespoon chopped fresh thyme leaves
1½ cups (375ml) buttermilk (enough to soak chicken in)
vegetable oil, to deep-fry
1½ cups (225g) plain flour
2 tablespoons ground paprika
1 tablespoon onion salt
2 teaspoons celery salt
½ teaspoon freshly ground white pepper
2 teaspoons caster sugar

1 Combine chicken, garlic and thyme in a large shallow dish. Pour over the buttermilk; cover. Refrigerate for at least 6 hours or overnight.

2 Preheat the oven to 220°C (200°C fan-forced). Line a large oven tray with baking paper. Place a large wire rack over the tray. Pour oil into a large deep heavy-based saucepan until 8cm to 10cm deep. Heat oil over medium-high to 180°C, or test the temperature with a wooden spoon handle – when the handle is placed into the centre of the pan, bubbles form around it. Combine the flour, paprika, onion salt, celery salt, pepper and sugar in a bowl; transfer mixture to a plastic bag.

- **3** Remove the chicken from the marinade; pat dry with paper towel. Add the drained chicken pieces, one at a time, to the spice mixture. Shake to coat in the spice mixture, then shake away any excess.
- **4** Deep-fry the chicken pieces, in batches, for about 5 minutes or until lightly browned all over. Remove from the pan with a slotted spoon; transfer to the prepared wire rack.
- **5** Bake the chicken for about 15-20 minutes or until cooked through.
- **6** Serve chicken with chilli sauce (or barbecue sauce for the kids) and coleslaw, if desired. **Not suitable to freeze or microwave.**

Home-made fried chicken tastes so much fresher than the take-away variety. All the herbs and spices give it a wonderful flavour.









Test Kitchen tip: For finger food, you can use chicken wing nibbles instead of thigh cutlets and drumsticks; reduce the cooking time.

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Gluten is a major part of traditional baking. but it doesn't have to be, as we show in this delicious extract from The Weekly's new cookbook Gluten-Free Food For The Family.

Mushroom and tomato tarts

MAKES 12 PREP AND COOK TIME 25 MINUTES (+ REFRIGERATION TIME)

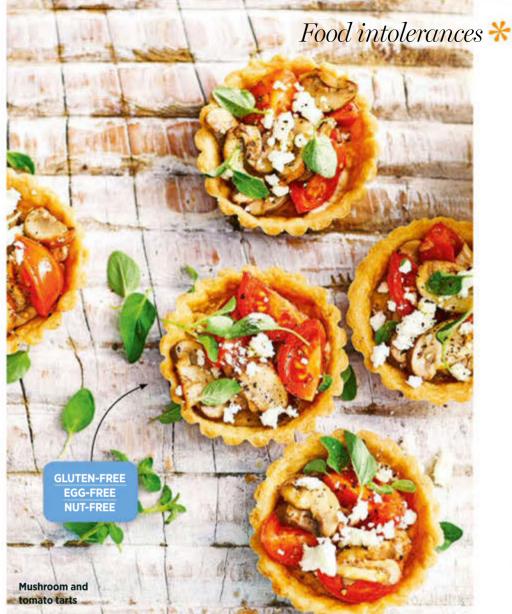
Nutritional count per tart: 7.5g total fat (4g saturated fat); 541kJ (129 cal); 13.1g carbohydrate; 1.9g protein; 0.7g fibre You will need an 8cm round cutter.

1/2 quantity Gluten-free Pastry (see recipe, below right) 1 teaspoon butter 120g Swiss brown mushrooms, sliced thinly 1 tablespoon red wine vinegar 12 cherry tomatoes, quartered 60g fetta, crumbled 1 tablespoon fresh oregano leaves

1 Grease 12 x 6cm tart tins. Roll pastry between sheets of baking paper until 3mm thick; cut 12 rounds from pastry using cutter. Ease pastry into tins, pressing into base and side. Trim edges; prick base with a fork. Place tart tins on an oven tray; cover. Refrigerate

2 Preheat oven to 180°C (160°C fan-forced). 3 Bake pastry cases for 10 minutes or until browned lightly. Cool.

4 Melt butter in a small frying pan over high heat. Add mushrooms; cook until softened. Add vinegar; cook, stirring, until liquid is reduced. Add tomatoes; cook, stirring, until heated through. Remove from heat; season to taste. Cool for 10 minutes.



5 Spoon mushroom mixture into tart cases. Sprinkle with the fetta and oregano just before serving.

Pastry suitable to freeze. Not suitable to microwave.

Gluten-free pastry

MAKES 640G SHORTCRUST PASTRY PREP TIME **10 MINUTES**

Nutritional count per quantity: 142.6g total fat (73g saturated fat); 10744kJ (2567 cal); 30.2g carbohydrate; 13.3g protein; 7.5g fibre

375g packet gluten-free pastry mix 125g cold butter, chopped coarsely 3/3 cup (160ml) water 2 tablespoons tamari 2 tablespoons olive oil gluten-free plain flour, to dust

1 Place pastry mix in a large bowl; rub in butter

until mixture resembles coarse breadcrumbs. Add enough of the combined water, tamari and oil until mixture comes together. Lightly knead into a ball on a surface dusted with a little gluten-free flour.

2 Roll pastry between two sheets of baking paper until 5mm thick. Pastry is now ready. Suitable to freeze. Not suitable to microwave.

Test Kitchen tip: Pastry

is best used straight away. Rolling the pastry between sheets of baking paper will prevent the dough from sticking to the bench. If the pastry dries out while you are using it, add a little olive oil to the dough. If the pastry cracks when you are rolling it out or placing it into tart cases, etc, it can quickly and easily be pushed back together without ruining it.



66 Everyone's favourite chocolate caramel slice gets a gluten-free makeover in this easy and delicious recipe.

Chocolate caramel slice

MAKES 20 PREP AND COOK TIME 40 MINUTES (+ COOLING TIME)

Nutritional count per serve: 10.4g total fat (6.8g saturated fat); 873kJ (209 cal); 27.4g carbohydrate; 2.7g protein; 0.3g fibre

3 cup (90g) gluten-free plain flour ⅓ cup (75g) firmly packed brown sugar 1/3 cup (25g) desiccated coconut 85g butter, melted 395g canned sweetened condensed milk 1 tablespoon golden syrup 40g butter, extra

150g dark chocolate, chopped coarsely

- 1 Preheat oven to 180°C (160°C fan-forced). Grease a 19cm square cake pan; line base and sides with baking paper, extending the paper 5cm above sides.
- 2 Combine sifted flour, sugar and coconut in a medium bowl; stir in melted butter until combined. Spoon into pan; use the back of a spoon to press mixture evenly over base of pan.
- **3** Bake the base for 15 minutes or until golden. Cool.
- 4 Place condensed milk, syrup and half of the extra butter in a medium saucepan; cook over medium heat, stirring constantly, for 10 minutes or until caramel is thickened and a golden colour. Pour over base: cool in pan. 5 Place chocolate and remaining extra butter in a medium heatproof bowl over a medium saucepan of simmering water (don't let water touch base of bowl): stir until chocolate melts. Pour chocolate mixture over caramel layer. Cool slice completely before cutting.

Not suitable to freeze. Butter and chocolate mixture suitable to microwave.

Test Kitchen tip: Make an upside-down caramel slice by adding 2 tablespoons of cocoa powder to the biscuit base and replacing the dark chocolate with white chocolate. The slice can be made 1 week ahead: store covered in the refrigerator.

Dark chocolate cheesecake brownie

MAKES 24 PREP AND COOK TIME 1 HOUR 45 MINUTES (+ COOLING TIME)

Nutritional count per piece: 10g total fat (3.3g saturated fat); 755kJ (180 cal); 21.5g carbohydrate; 1.5g protein; 0.4g fibre

dairy-free spread, to grease 150g dairy-free dark chocolate, chopped coarsely 150g dairy-free spread 11/4 cups (275g) caster sugar 2 eggs, beaten lightly 2 teaspoons vanilla extract $\frac{1}{2}$ cup (65g) gluten-free self-raising flour

½ cup (75g) tapioca flour

⅓ cup (35g) cocoa

227g Tofutti Better Than Cream Cheese, softened (see Test Kitchen tip, below) 1 tablespoon caster sugar, extra

- 1 Preheat oven to 160°C (140°C fan-forced). Grease a deep 22cm square cake pan with dairy-free spread; line base and sides with baking paper.
- 2 Stir chocolate and dairy-free spread in a medium saucepan over low heat for 5 minutes or until chocolate melts and mixture is smooth. Remove from heat. Cool for 5 minutes.
- 3 Stir sugar into chocolate mixture; add eggs and half the extract, stir to combine. Stir in

sifted flours and cocoa until combined. Pour into pan.

- 4 Combine tofutti, extra sugar and remaining extract in a small bowl. Drop large spoonfuls of tofutti mixture over chocolate mixture. Use a knife to gently swirl the mixtures together to create a marble effect.
- 5 Bake brownie for 1 hour 15 minutes or until a skewer inserted in the centre comes out clean. Cool brownie in pan before cutting into squares. Suitable to freeze. Chocolate mixture suitable to microwave.

Test Kitchen tip: Tofutti

Better Than Cream Cheese is a tofu-based dairy-free cream cheese substitute, available in the refrigerated section of health food stores and major supermarkets. If you are not dairy intolerant, you can replace the dairyfree spread with butter, dairy-free dark chocolate with dark chocolate and the Tofutti with cream cheese.



FREE RECIPES

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Recipes extracted from The Australian Women's Weekly Gluten-Free Food For The Family, **Bauer Books,** \$24.95. available

from all good book sellers and online at magshop.com.au.









Sweet potato frittata

SERVES 6 PREP AND COOK TIME 45 MINUTES

2 cups chopped kumara (orange sweet potato)

2 tablespoons extra virgin olive oil
1 clove garlic, chopped finely
3 green kale leaves, washed, removed from stem and torn into small pieces
½ cup (60g) frozen peas
12 eggs
2 tablespoons milk
2 green onions (green shallots),
sliced thinly

1 Preheat oven to 180°C (160°C fan-forced). Steam kumara for about 12-14 minutes or until tender.

100g fetta or goat's cheese

2 Heat half the oil in an ovenproof frying pan (about 20cm base) over medium heat. Add garlic, then kale; cook, stirring occasionally, until kale has wilted and turned bright green. Remove from pan and wipe pan clean with paper towel.

3 Place peas in a heatproof bowl and cover with boiling water to defrost. Stand for 1 minute, then drain.

4 Whisk together eggs and milk in a large bowl. Season generously with salt and pepper. Add cooked kumara, kale, peas and onion.

5 Add remaining oil to the cleaned frying pan and place back over medium-low heat until warmed through. Pour egg mixture into the pan and cook for a few minutes until starting to set at the edges. Place into oven and bake for 18-20 minutes or until egg mixture has set. Leave to cool for a few minutes, then slide out of pan onto a board. Cut into wedges and scatter with crumbled cheese.

Not suitable to freeze. Kumara and peas suitable to microwave.

Vietnamese vegetable rice paper rolls

MAKES 8 PREP TIME 20 MINUTES

100g rice vermicelli 8 x 21cm round rice paper wrappers 1 (130g) Lebanese cucumber, halved lengthways, seeded, julienned 1 medium (120g) carrot, julienned ¼ cup loosely packed mint leaves



1/4 cup loosely packed coriander leaves DIPPING SAUCE

¼ cup (70g) hoisin sauce
1 teaspoon fish sauce
1 tablespoon peanut butter
1 tablespoon roasted salted peanuts, chopped coarsely
2 teaspoons water

1 Place the vermicelli in a medium heatproof bowl; cover with boiling water. Stand for 5 minutes or until tender. Drain. Using kitchen scissors, cut vermicelli into shorter lengths. 2 Dip one rice paper round into a bowl of warm water until softened; place on a board covered with a clean tea towel. Top with one-eighth of vermicelli and remaining ingredients. Fold the bottom of the circle up, then the top down and roll from the side to create a neat cylinder. Repeat to make 8 rolls in total. If not serving rolls immediately, place, seam-side down, on a plastic wraplined tray; cover with damp paper towel and refrigerate until ready to serve, or place in lunchboxes and cover with damp paper towel.

3 DIPPING SAUCE: Whisk the sauces, peanut butter, peanuts and water in a small bowl. Pack sauce into four containers.

4 Serve the rice paper rolls with Dipping Sauce and lime, if desired.

Not suitable to freeze.



Char-grilled vegetable pasta salad

SERVES 4 PREP AND COOK TIME 30 MINUTES

2 medium (240g) zucchinis, sliced into 1cm-thick rounds 2 medium (400g) red capsicums, cut into 2cm strips

1 medium (170g) red onion, peeled, cut into wedges with root intact

1 small (230g) eggplant, sliced 1cm thick lengthways

¼ cup (60ml) extra virgin olive oil 1/4 cup (60ml) extra virgin olive oil, extra 2 tablespoons red wine vinegar 250g cherry tomatoes, halved 2 cups cooked pasta (shells or spirals are ideal) 100g fetta, crumbled

1/4 cup flat-leaf parsley, chopped coarsely

1 Preheat a barbecue or grill pan on high. 2 Brush the zucchini, capsicum, onion and eggplant with the oil. Place the oiled vegetables on the barbecue, in batches if needed, and allow them to cook for 1-2 minutes. Turn and cook the other side. for a further minute or two, until the vegetables have char-marks and are tender but not too soft. Remove vegetables from the barbecue and allow to cool. 3 Whisk together the extra oil, vinegar and salt and pepper to taste in a large bowl. Add the vegetables, tomatoes and pasta, and toss well. Season to taste with salt and pepper. Scatter the fetta and parsley over the top. 4 Pack salad into four lunchboxes. Not suitable to freeze or microwave.

Nicoise salad

SERVES 4 PREP AND COOK TIME 20 MINUTES

12 small or 8 medium (480g) chat potatoes

100g baby green beans, trimmed (cut into thirds if needed to fit into container) 1 cup loosely packed watercress sprigs (or baby rocket or baby spinach) 250g grape tomatoes, halved ½ medium (85g) red onion, very finely sliced ½ cup (75g) seeded Kalamata olives

425g can tuna in olive oil, drained 2 tablespoons drained baby capers 1/4 cup (60ml) olive oil 2 tablespoons red wine vinegar 1 teaspoon French mustard

1 Bring a large saucepan of salted water to the boil and cook the potatoes for 10-15 minutes or until tender. (Time will depend on size of the potatoes - they are done when a skewer will go easily through them.) Drain and cool. Slice potatoes. **2** Meanwhile, place the eggs in a medium saucepan and cover with warm water. Bring to the boil; boil, uncovered, for 3 minutes. Add beans to the pan and boil the eggs

and beans for a further 1 minute. Drain the beans and eggs: run under cold water until cool enough to handle. Peel the eggs and cut into slices.

3 Divide the watercress, potatoes, eggs, tomatoes, beans, onion, olives, tuna chunks and capers between four lunchboxes or containers.

4 Combine the oil, vinegar, mustard and salt and pepper to taste in a screw-top jar; shake well. Divide the dressing into four containers. Add dressing to the salad just before serving. Not suitable to freeze. Beans suitable to microwave.

Hawaiian wraps

MAKES 4 PREP AND COOK TIME 30 MINUTES

300g chicken breast fillet 4 rashers bacon, cut into 1cm strips ½ cup (150g) whole-egg mayonnaise 1 tablespoon white vinegar 2 cups wombok (Chinese cabbage), shredded finely 1 medium (120g) carrot, grated coarsely 4 green onions (green shallots), sliced

finely 4 soft multigrain wraps

4 slices (60g) Jarlsberg cheese, halved 1/4 medium (300g) fresh pineapple, peeled, cored, sliced thinly

1 Place the chicken in a medium saucepan; cover with cold water. Place over high heat and bring to a simmer. Reduce the heat and simmer, covered, for 8 minutes. Remove from the heat and allow the chicken to cool in the water. Drain the chicken. Cool. slice thinly.

2 Meanwhile, cook the bacon in a medium frying pan over a high heat, stirring, until bacon is crisp. Drain on paper towel.

3 Whisk the mayonnaise and vinegar in a medium bowl; reserve some of the dressing. Add the wombok, carrot and onion to remaining dressing in bowl and toss well.

4 To build the wraps, place a quarter of the cabbage mixture in the centre of the wraps. Top with the cheese slices, chicken, pineapple and bacon. Drizzle with the reserved dressing. Season with salt and pepper. Roll up to form a neat cylinder. Wrap tightly in plastic wrap or baking paper or tie with string. Pack into lunchboxes.

Not suitable to freeze or microwave.



JCCULE

This very clever take on a traditional dish will melt in your mouth - and is oh so easy.

PHOTOGRAPHY BY BRETT STEVENS STYLING BY KRISTEN WILSON

Shoulder of lamb cooked in a bag

SERVES 6-8 PREP AND COOK TIME APPROXIMATELY 8 HOURS

1.8kg lamb shoulder, bone in 1/4 cup (60ml) extra virgin olive oil 5 sprigs rosemary, leaves stripped, chopped

BRAISED WAXY POTATOES

1kg nicola potatoes (or Dutch creams or desiree), peeled 3 cups (750ml) chicken stock 2 bay leaves 60g unsalted butter, chopped 1/4 cup (60ml) extra virgin olive oil 2 teaspoons fresh thyme leaves, chopped 1/4 cup loosely packed flat-leaf parsley, chopped 1 tablespoon lemon juice

1 Preheat oven to 130°C (110°C fan-forced). Rub the lamb with oil, rosemary, sea salt and cracked pepper. Place lamb into the oven bag; tie the bag following packet instructions, then pop in a shallow baking dish.

2 Place into the preheated oven and cook for 7 to 8 hours, or until the lamb starts to come away from the bone.

3 Remove from the oven and allow to rest in the bag for 30 minutes. Drain juices into a jug, then skim off any fat from the surface.

If cooking potatoes to serve with the lamb, cover the lamb tightly with foil and rest while cooking potatoes.

4 BRAISED WAXY POTATOES:

Meanwhile, increase oven to 200°C (180°C fan-forced). Cut the potatoes into halves or quarters, depending on how large they are. Place in a small, deep baking or casserole dish so that they all sit snugly, but will be submerged by the stock. Add the stock, bay leaves, butter and oil, along with a pinch or two of sea salt. Bake potatoes. uncovered, for 1 hour 30 minutes or until tender. Gently baste with the cooking liquid every now and again. When the potatoes are tender, remove from the oven, sprinkle with thyme, parsley and lemon juice. **5** Serve the lamb and some of the pan juices with the Braised Waxy Potatoes and steamed

greens, if desired.

.......

Not suitable to freeze or microwave.

Test Kitchen tip: The lamb will have such a soft mouth-feel and will melt in the mouth. If the oven bag breaks, cover the baking dish with a double layer of foil and crimp around the edges to seal, and continue to bake. This will keep in the moisture for the remaining cooking time.

MAGGIE BEER **FOUNDATION**

Maggie Beer has a passion to provide older people with affordable, fresh food at home or in residential care homes. Maggie launched the Maggie Beer Foundation in May 2014 to identify the industry's best advocates and celebrate their achievements. "There are many providers and cooks and chefs who do have an understanding of how vital that joy of looking forward to a meal is. By stories and ideas, we can make change." Visit www.maggie beerfoundation.org.au.



FREE RECIPE

To save Maggie Beer's succulent lamb recipe, download the free *viewa* app (see Contents) and scan this page with your smartphone or tablet.

Maggie Beer







Pumpkin, cheese and bacon muffins

MAKES 12 PREP AND COOK TIME 40 MINUTES

125g bacon rashers, chopped
80g butter, melted
1 egg
1¾ cups (430ml) buttermilk
1 cup (120g) coarsely grated
cheddar cheese
1 cup (150g) chopped roast pumpkin
1 cup (160g) wholemeal self-raising flour
1 cup (150g) white self-raising flour
½ teaspoon salt

- 1 Preheat oven to 200°C (180°C fan-forced). Grease a 12-hole (⅓ cup/80ml) muffin pan. 2 Cook the bacon in a frying pan over
- accook the bacon in a frying pan over medium-high heat for about 5 minutes, stirring, until browned lightly.
- **3** Whisk the butter, egg and buttermilk in a large bowl until combined. Add the bacon, cheese, pumpkin, sifted flours (including the husks in the sieve) and salt; mix gently with a large spoon until just combined. Do not over-mix mixture should be slightly lumpy.
- **4** Divide the mixture between the pan holes. Bake muffins for 25 minutes or until browned. Turn, top-side up, onto a wire rack.

Suitable to freeze. Butter suitable to microwave.

Banana, blueberry and oat muffins

MAKES 16 PREP AND COOK TIME 30 MINUTES

1 cup (160g) wholemeal self-raising flour 1 cup (150g) white self-raising flour 1 teaspoon ground cinnamon ½ cup (110g) firmly packed brown sugar 2 eggs ⅓ cup (80ml) grapeseed oil

½ cup (80ml) grapeseed oil
 ½ cup (165ml) buttermilk
 1 cup mashed over-ripe banana
 125g fresh or frozen blueberries
 ¼ cup (20g) rolled oats
 2 tablespoons demerara sugar

- **1** Preheat oven to 200°C (180°C fan-forced). Grease two ($\frac{1}{3}$ cup/80ml) muffin trays (16 pan holes).
- **2** Sift flours and cinnamon into a large bowl, (return the husks to the bowl) and stir in sugar. In a separate bowl, combine the eggs, oil, buttermilk and banana.
- **3** Gently fold the wet ingredients into the flour mixture with a large spoon until just combined. Fold in blueberries; take care not to over-mix the mixture should be slightly lumpy.
- **4** Divide the mixture between the pan holes. Sprinkle tops with oats and demerara sugar. Bake muffins for 20 minutes or until browned. Turn, top-side up, onto a wire rack.

Suitable to freeze. Not suitable to microwave.

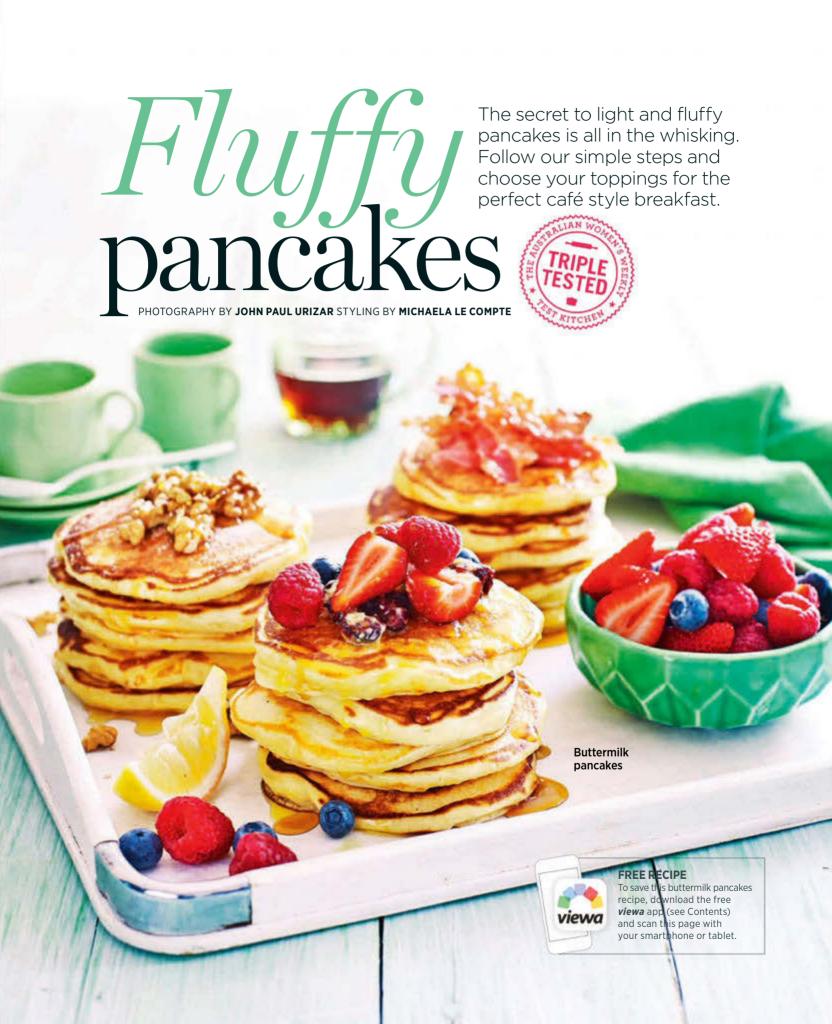
LUNCHBOX LEGENDS

- Pack at least one serve of fruit each school day. Try oranges cut into quarters, then frozen. For younger children, start the peeling process for bananas.
- Vegetable sticks can be sent with a favourite dip.
- Freeze popper juice boxes for a lunchtime treat and to keep sandwiches cool.
- Or freeze half a bottle of water, standing upright. Then fill it with tap water before packing – kids can refill all day and always have cold water, thanks to the icey bottom.
- Nearly all schools are nut-free due to allergy risks. Instead, try a protein hit of chicken, tofu or hard-boiled eggs.



FREE RECIPES

To save these lunchbox muffin recipes, download the free **viewa** app (see Contents) and scan this page with your smartphone or tablet.



Buttermilk pancakes

MAKES 12 PREP AND COOK TIME 25 MINUTES

2 cups (300g) self-raising flour ½ cup (75g) caster sugar 2 egg yolks 30g butter, melted 1 teaspoon vanilla extract 2 cups (500ml) buttermilk 3 egg whites soft butter or cooking oil spray, to grease

- 1 Sift the flour and sugar into a large bowl.
- **2** Whisk the egg yolks, butter, extract and buttermilk until combined.
- **3** Whisk buttermilk mixture into flour mixture. It's important not to overbeat the mixture at this stage for a light and fluffy texture.
- 4 Beat the egg whites and a pinch of salt in a clean small bowl with an electric mixer until soft peaks form. Carefully fold the egg whites into batter, in two batches, until just combined.

 5 Heat a frying pan over medium heat, brush
- with a little soft butter or grease lightly with cooking oil spray. Pour ¼ cups of batter into the pan.
- **6** Cook over medium heat until bubbles appear on the surface. Turn pancakes and cook until lightly browned. Wipe out the pan with paper towel if the butter residue begins to burn. Transfer pancakes to a warm plate.
- **7** Serve pancakes with toppings of your choice. **Suitable to freeze. Not suitable to microwave.**

Serving suggestions:

Thin and crispy grilled bacon with maple syrup.

Fresh berries with cranberry butter. To make the butter, combine 100g of softened butter with 2 tablespoons each of icing sugar and finely chopped dried cranberries.

Freshly roasted walnut halves, lemon wedges and sugar.















Quick bites

Elizabeth Meryment rediscovers classic recipes, samples exotic dips, floral-scented jams and an oldstyle peanut butter, and tries out a bossy blender.



STYLISH DIPS

The tricky problem of how to attractively present dips on a platter has been resolved with the introduction of Chris' Heritage Dips. Sold in ready-to-serve terracotta pots, the Australianmade dips are sealed into the pots with peel-back foil. The range has some intriquingly different flavours - try smoked gouda and roasted almond, or blue cheese. fig and pistachio. The pots are reusable, so keep them for your home-made dips. 170g, \$6.99-\$7.99, available at Woolworths. Visit chrisdips.com.au.



TIMELESS RECIPES Cookbooks are documents of their time, which makes Florian Böhm and Annahita Kamali's Cookbook Book fascinating for anyone with an interest in food and its place in society. The book is a collection of 125 classic recipes spanning a century of food publishing, printed in their original formats and languages. Recipes include Julia Child's bouillabaisse (1966) to David Thompson's pad thai (2002). Published by Phaidon, \$75.

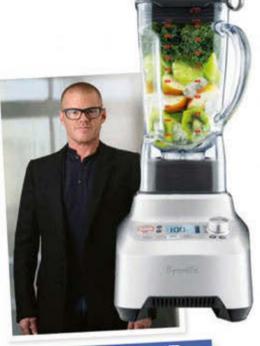


WE PICK PIC'S If you remember how peanut butter used to taste – slightly dry, crunchy and savoury, rather than smooth, wet and tooth-damagingly sweet – then look

for Pic's Peanut Butter. Produced in New Zealand from Australian-grown peanuts, it's a fine alternative to sugary peanut butters. Available at Coles supermarkets, 380g, \$7.50. Visit reallygood.co.nz.



We love South Australia's Beerenberg sauces and relishes, and its four new floral-influenced jams and jellies, meet those high standards. There's Grape & Jasmine Tea Jelly, Raspberry & Violet Jam, Rose Petal Jelly and Apricot & Lavender Jam in jars enclosed in gorgeous tins, 300g, \$12.90 each. Visit beerenberg.com.au.



BOSS BLENDER

Blenders sure aren't what they used to be and the latest in the field is Breville's The Boss. Promoted by British culinary superstar Heston Blumenthal, the device has 12-speed variable manual controls, an autoclean mechanism and a whopping 2-litre iug. We can't attest to Breville's claim that The Boss' blending mechanism helps ingredients retain more nutrition than other blenders. but we can confirm it makes beautifully smooth soups and smoothies, and has enough grunt to create butters and sorbets. \$999. Visit breville.com.au.





Ask our experts

Our food experts Fran Abdallaoui and Pamela Clark give some useful tips on how to cook the perfect fish fillet.

> We only eat frozen fish at home. Please tell me an easy way to cook a nice piece of fresh white fish. Rhoda Silber, Manly, NSW

Pan-frying is a simple cooking method for fish fillets. Fillets suitable for this method include snapper, whiting, bream, john dory and barramundi. Lightly dust these thinner fillets in flour to protect the flesh and give it a crisp coating, then pan-fry in a little heated butter or olive oil - just enough to cover the base of the frying pan. If the fish has skin, sprinkle the skin with a little sea salt flakes and only flour the flesh side; cook it skin-side down first, then turn once to complete the cooking. If the fish has no skin, cook it on one side until lightly browned underneath, then turn and cook for a few more minutes (depending on thickness) until done. For thicker fillets such as blue-eve. salmon or swordfish, pan-fry in a little olive oil over medium heat. Take the fish off the heat when it turns opaque or insert a fork into one fillet; if the flesh separates into flakes it is done.



Fish fillets with herb and lemon dressing

SERVES 4 PREP AND COOK TIME 25 MINUTES

½ cup flat-leaf parsley leaves, chopped finely 1 tablespoon finely chopped dill ½ clove garlic, chopped finely, optional ¼ cup (50g) baby capers, rinsed, drained 1 tablespoon lemon juice 1/3 cup (80ml) extra virgin olive oil 4 x 150g white-fleshed fish fillets (see Test Kitchen tip) plain flour, to dust new potatoes, salad and lemon wedges, to serve

1 Combine the parsley, dill, garlic, capers, lemon juice and ¼ cup of the oil in a small bowl. Season to taste with salt and freshly ground black pepper.

2 Heat the remaining oil in a large frying pan over medium-high heat. Toss the

fish fillets in a little flour and pat off the excess. Season the fish fillets with a little sea salt, then cook for 3-4 minutes on one side, then turn the fillets over and cook for a further 2 minutes or until just cooked through.

3 Serve the fish fillets with a generous spoonful of the dressing, potatoes, salad and lemon wedges.

Not suitable to freeze or microwave.

Test Kitchen tip: If your fish fillets are very thick, you can transfer them to a 180°C (160°C fan-forced) preheated oven for several minutes to finish cooking them through after you have seared them in the pan. This will also prevent a thick crust from forming on the fish. If the fillets are thin, such as snapper, bream and whiting, cook for a little less time.

HAVE A QUESTION? Send your Test Kitchen query to Ask Our Experts, The Australian Women's Weekly Test Kitchen, GPO Box 4178, Sydney, NSW 2001. Please include a daytime phone number and your address. See Contents for the location of Bauer Media Limited's Privacy Notice.

Taste It

There's no need to be in the kitchen for hours this summer – you can easily whip up sweet and savoury treats for your family with these three fantastic, no-fuss recipes.



BURGHUL SALAD WITH HOT SMOKED SALMON

Soak 1½ cups burghul in 1 cup hot water for 15-20 minutes or until water is completely absorbed. Fluff burghul with a fork. Transfer to a large salad bowl with 1 finely chopped red onion, 100g sliced green beans, 1 bunch dill chopped, the zest and juice of 1 lemon and ¼ cup olive oil. Mix well and season to taste. Flake over 2 x 130g fillets of hot **Tassal** Smoked Tasmanian Salmon. Sprinkle with almonds.

Tip: Burghul is wheat that has been par-boiled or steamed, the outer layers of bran removed, then ground into various sized grains. It is often confused with cracked wheat, which has not been cooked and still contains bran. Use burghul in place of couscous or rice for its chewy texture and light, nutty flavour. It is available in the health food aisle of most supermarkets or health food stores.



SALMON AND RICOTTA BRUSCHETTA

Serves 4

Brush 8 slices sourdough with 1 tbsp garlic-infused oil. Char-grill bread for 1 minute on each side or until bread is lightly toasted. In a bowl, combine 400g sliced cherry tomatoes. 1 thinly sliced red onion, 1 zucchini peeled into ribbons and 2 tbsp olive oil. Toss with ¼ cup basil leaves and season to taste. Spread ¾ cup ricotta roughly onto toast slices and pile on tomato mixture. Top evenly with 200g Superior Gold Smoked Salmon. Sprinkle over cracked black pepper. Accompany with lemon cheeks.

Tip: If you want to use regular olive oil, rub a halved garlic clove over bread before toasting.

BANANA PRUNE LOAF

Preheat oven to 180°C (160°C fan-forced). Lightly grease and line a 10cm x 20cm loaf pan with baking paper. In a large bowl, using an electric mixer, cream 125g softened butter and ¾ cup brown sugar until creamy. Add 2 eggs, one at a time, beating well after each addition. Fold in sifted combined 1½ cups self-raising flour and 1 teaspoon bicarbonate soda, alternately with combined 1 cup mashed banana, ¾ cup

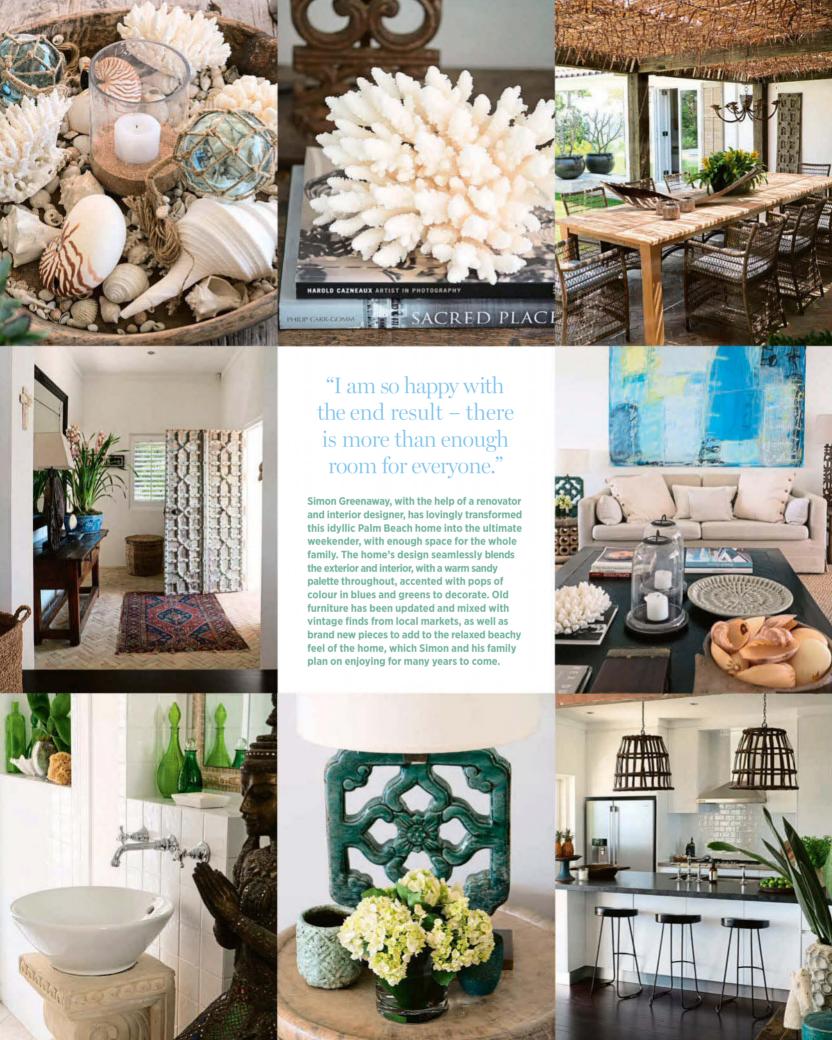
SUNRAYSIA prune juice and 1 tbsp milk. Pour mixture into prepared loaf pan. Bake for 55-60 minutes or until cooked when tested with a skewer. Cool in pan for 5 minutes before turning onto a wire rack to cool completely. Serve sliced with walnut butter.

Tip: Make walnut butter by creaming 125g softened butter with 2 tablespoons maple syrup until creamy. Stir ½ cup finely chopped walnuts through.



PHOTOGRAPHY: ROB SHAW. STYLING: SHERINEPETTERSON. FOODPREPARATION: CARLA DO CARMO.









ROWING UP, I spent a lot of time at Palm
Beach and the idea of having a weekender up
here that I could share with family and friends
had great appeal." It was in May 2007 that Simon
Greenaway came across this house for sale.
"I wasn't actively looking to buy at that point, but there was

"I wasn't actively looking to buy at that point, but there was something about the place that I loved."

Simon didn't attend the home's auction and later learnt that the house didn't sell, so he went for a second viewing – this time taking a trusted friend along for his opinion. The friend, a canny Scotsman and long-term Palm Beach resident, walked up the stairs, took one look at the stunning views and told his friend straight out to buy it.

Set high up in bushland, the home has views of the beach from the front and Pittwater from the back.

Extensively renovated by the previous owners, the house was open-plan with timber floors, three bedrooms (including an en suite off the master bedroom), a TV room, kitchen, open-plan living and dining area, two bathrooms, a laundry and a pool.

"Initially, I didn't do too much to it – we just moved in and started enjoying it. But as my kids have grown up [Tom, now 21, Lily 17, and India 11] and they bring their friends up here, it made sense to add another wing to give everyone more space and privacy," says Simon.

Set on one level and with an abundance of outdoor space that was under-utilised, Simon decided to add a new wing to the home – a U-shape wrapping around the outdoor area and connecting with the interior.

Simon engaged a local builder and the renovation commenced in April 2013. The new wing would house a guest bedroom, bathroom and TV sitting room. It was also decided to replace the kitchen, convert the existing kids' TV room into a study and replace joinery in the bedrooms, as well as re-wire, re-plaster and re-paint, giving the home a total facelift.

Simon also commissioned friend and interior designer Nellie Tilley to help bring the project to completion. "I never formally briefed Nellie. She just seemed to understand the result I was after," Simon says.

With a great eye for decoration and design, Nellie worked with Simon's existing furniture and artworks, while adding pieces to create a home with soul and character. Local shops and markets were scoured for vintage finds, including small oil paintings and black and white photographs of the area, which were mixed in with family photos to line the hallway walls.

Lounges were re-upholstered in natural linens, while texture and colour were added with vintage floor rugs. Beautiful Spanish pendant lights were acquired and are one of Simon's favourite additions to the kitchen and dining areas.

The flow of indoor to the outdoor was achieved with the matching of stone tiles used in the exterior brought inside to be used on the floor of the new wing, over underfloor heating.

"I am so happy with the end result," says Simon. "There is more than enough room for everyone and there are so many different areas for entertaining. I can see myself being very happy here for a long time to come."

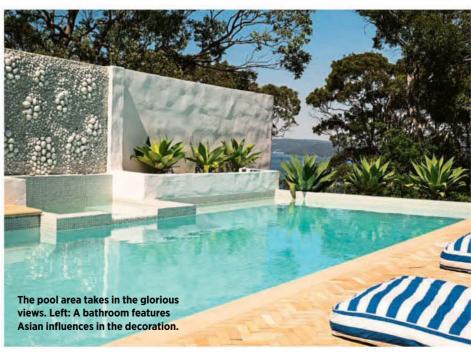




NELLIE TILLEY'S DESIGN SECRETS

- 👤 Install ceiling fans in every room the movement of fresh air is a must on those hot summer days and so much better than air-conditioning.
- (2) Keep floors simple with natural materials, such as timber or stone they're so easy to sweep out with a soft broom.
- Add texture and character through the layering of accessories such as throws, cushions, baskets of shells and sisal floor rugs.
- Bring some of the outside in with cut tropical leaves that will last for ages, as well as potted orchids and succulents.
- Paint walls a clean matt white I like Dulux Vivid White.







from Bowerhouse, as above.

Love Tree, thefamilylovetree.com.au.

9. Rattan glass top table, \$295, from The Family

Clippings

Jackie French pays tribute to the humble chrysanthemum and advises on what to plant in your garden this month.

THE SECRETS OF MUMS LOVE

Few flowers have nicknames, and none are so beloved as "mums". A pot of chrysanthemums says, "I love you", for decades – long after a bunch of roses has faded.

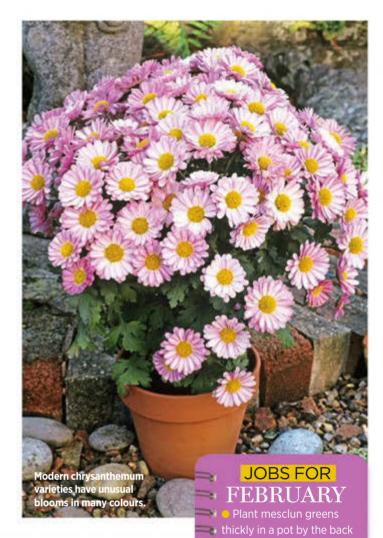
The secret to long-blooming mums is to plant them in a sunny, well-drained spot, feed them every six weeks in warm weather, water them every week and prune shoots when they reach about 15cm high to encourage them to branch and give you masses of blooms. Instead of one flowering, they should give you colour right through the autumn.

HOT TIP: Mums don't have to be synonymous with "old-

fashioned". Forget about the old shaggies and look for unusual pompoms, huge delicate spider chrysanthemums and spectacular multi-coloured varieties. You may not even recognise them as mums.

GARDENING BY THE MOON

Joanne Madeline Moore notes moon cycles and decodes them on our *viewa* technology (see below), so you'll know the best days to weed, fertilise, prune, mulch and when to do nothing but enjoy your garden. And it works for cutting your hair, too!





GARDENING BY THE MOON

To make your garden flourish by following the phases of the moon, download the free *viewa* app (see Contents) and scan this page with your smartphone or tablet.



What to plant

SUBTROPICAL AND TROPICAL AREAS

Food plants: Sweet potatoes, passionfruit vines, potted fruit trees, herbs, beetroot, capsicum,

carrot, cauliflower, celery,
Chinese cabbage, Chinese
celery, cucumber, eggplant,
lettuce seedlings, pumpkin,
radish, silver beet, sweet corn,
tomatoes, tropical evergreen
fruit trees and watermelon.
Flowering plants: Hibiscus,
bougainvillea, ageratum, celosia,
cosmos, coleus, Iceland poppy,
salvia and sunflowers.

TEMPERATE TO COLD AREAS Food plants: Passionfruit,
banana passionfruit and grape
vines, rhubarb, blueberries
(left), potted fruit trees,

artichoke, beans, beetroot, broccoli, cabbage, carrots, sweet corn (fast-maturing varieties only), leek, lettuce, white onions, salad greens such as corn salad, mizuna, cress, red Italian chicory, silver beet, spring onions and spinach. Flowering plants: Potted roses, natives and other shrubs: autumn and winter-blooming bulbs like nerines and autumn snowflakes: spring-flowering bulbs like iris, daffs and jonguils; alyssum, Iceland poppy, pansies, polyanthus, primulas and violas.

supply through summer and into autumn.

Dry heads of hydrangeas, banksia and statice, and bunches of strawflowers and echinacea upside down to fill vases through winter.

Fill the vegie garden with garlic, potatoes, broccoli and cabbages for winter eating.

Cut back rose stems when flowers fade to encourage a spectacular showing.

Plant out your winter bloomers now: pansies, primulas, Iceland poppies, winter-blooming grevilleas and early, medium and late camellias.

and snip regularly for salads.





ON SALE NOW

Home hints

Georgina Bitcon provides canny solutions to domestic conundrums and answers a reader's question, plus there's a prize hint.



Stamp out

I have a stained fibreglass vanity unit in the bathroom of my rented flat. Is it possible to make it look any better?

K. Gibbs. Eden Park. Vic.

Apply a paste of glycerine and talcum powder (1:1) to the stains, leave it on for about 90 minutes, then polish off with rolled-up pantyhose. Repeat for stubborn stains. This works on laminate benchtops, too.

......

Oil for easy removal

To remove a fake tan stain from clothing, wipe the area with a little lavender oil, then wash the item as usual.

Ban mozzies with tea

Make up a triple-strength brew of chamomile tea, store it in a trigger bottle in the fridge and spray liberally on exposed skin to keep mozzies at bay without toxic chemicals.

Straps wont slip

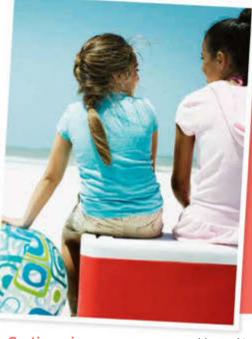
To prevent narrow straps slipping off wire or plastic coathangers, wrap a chenille stick (pipe cleaner) around the hanger at the shoulder point on each side.

Mesh out soil loss

An orange mesh fruit bag makes a great pot liner when you're potting plants, preventing soil loss and allowing good drainage.

Stop shedding

If your new towels keep shedding fluff, use ½ cup of bicarbonate of soda with your normal washing powder and ½ cup of white vinegar instead of fabric conditioner, then finish drying them in the dryer.



KEEPING COOL Camping or

picnicking this summer? The ice in vour Esky will be colder and last longer if you add salt to it.

Grating ginger

Use the edge of a teaspoon to peel fresh ginger - it's easier and less wasteful than a knife, as it scrapes over all the bumps.

Picture this

When you hire a car, take a photo of the registration number with your mobile phone - a big help when you're faced with a line of cars that all look the same.

Freeze out sprouting

Stop garlic sprouting in your vegie keeper - simply peel the cloves and store them in a ziplock bag in the freezer to use as needed.

Prevent rips

When you sew a machine buttonhole, before ripping it open, insert a pin across it just below the bar-tack to prevent ripping too far.

Mail it

When you move house, leave behind a couple of large, stamped envelopes, addressed to your new home with a note asking the new owners if they would forward any mail that you might have inadvertently forgotten to redirect.

Window washer

For a quick and effective window cleaner, combine 2 litres warm water. 1 tablespoon dishwasher rinse aid and 2-3 tablespoons dishwashing liquid in a bucket. Wet your windows, wipe over the cleaning solution, then hose off - no need to buff.

READER'S PRIZE HINT

When making lamingtons, freeze the sponge cake before cutting into squares and icing – it's so much easier to handle.

M. Barker, Ardross, WA

SHARE YOUR DOMESTIC SECRETS Send your handy hints or questions to: Home Hints, The Australian Women's Weekly, GPO Box 4178, Sydney, NSW 2001, or email openline@bauer-media.com.au. We pay \$75 for the reader's prize hint each month. While every effort is made to ensure the efficacy of each hint, we cannot take responsibility for individual results. Letters cannot be answered personally. See the Contents page in this issue for the location of Bauer Media Limited's Privacy Notice.

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Australia's first 100% whole food multivitamin, with no synthetic vitamins added, and all vitamins and minerals derived from 27 whole food fruits, veggies and herbs. It's even veganfriendly and gluten-free. RRP \$19.99.

Live your best life

Yes, there is more to life than the office and the home. **Mrs Moneypenny** says it's time to enter the third dimension and be truly fulfilled.



MRS MONEYPENNY

is Heather McGregor, a businesswoman who has been a columnist at the UK's Financial Times for more than 15 years. She is the author of several books, including Careers Advice For Ambitious Women (Penguin). You can follow her on Twitter (@mrsmoneypennyft), or send her an email at mrsmoneypenny@ft.com. S THERE A third dimension to your life? By this I mean an element of your life that is not work and not home. If you are ambitious to succeed in your career, a third dimension will be critical. It can – and, indeed, at some level should – tie in with your interests either at work or at home, but it can also be something substantially different.

Why do you need a third dimension? Not everyone wants to save the world or give away all their money to charity. Even if you have worked hard all your life, I don't believe that there is any obligation to "give back". Of course, it is nice if they do and I am minded here to think about Andrew Forrest's campaign to end global slavery. Yet even if you don't have a philanthropic bone in your body, you need to develop a third dimension to your life.

Every successful career or path through life (you may not have what is conventionally called "a career" and that is fine) is built on two core competencies. Your human capital – your skills and experience – and your social capital – your relationships with other people. Third dimension activity helps both. If you are involved with a charity, or a sports club, or even something at work such as a women's group, it will allow you to develop skills and experience that you don't have already, and it will help you build relationships with people.

A key approach to building relationships is to make sure that you are (a) interested in people

and (b) they are interested in you. As far as (a) goes, I would hope that the average AWW reader is socially skilled enough to be interested in other people, but if not, please learn to be. Ask questions - make sure they are good ones, and have them ready in advance if you know you are going to meet someone for the first time. Show an interest in them, their business, career, family and hobbies. If the conversation grinds to a halt, ask them something that will start them chatting again. As the American writer Dale Carnegie

once said, "To be interesting to other people, you have to be interested in them first." Yet you need to make sure that you are interesting yourself. This is where a "third dimension' really helps. Find something that you can engage in and make a meaningful contribution to, not something where you hover at the periphery. And you are more likely to be successful if you get involved with something outside of home and family.

When you are seated next to someone influential at dinner or on a plane, when you are interviewed for a job, it will be the third dimension in your life that will help you stand out and get them interested in you. If you have an exotic job, maybe it will be enough (although if you're a pole dancer or an undercover agent, you may not want to mention this), but your source of employment may not be enough to sustain a conversation of any length or interest to someone senior. This is especially true early on in your career.

Your family may be a key part of your life, but it is not usually a good topic for conversation. In fact, as you get older and have children, or even grandchildren, conversation about your family could be downright boring. Not many senior businessmen, or even businesswomen, want to get stuck next to someone whose only conversation is about the limited confines of a narrow job and/or whether organic baby food is worth the extra money.

How can you find a third dimension activity? If you don't have any money, you could give your time. People who work shifts for the Samaritans, for example, know how much they are needed and while they can't discuss individual cases over the dinner table, many people would be fascinated to hear what kind of training you get, the variety of issues you confront. And if you can't spare the time to do a shift, why not help with finance or marketing or any of the 1001 things a charity needs doing?

Third dimension activity should be reviewed regularly, just as if you were on the board of a company. If you have worked with an organisation for more than five years, whether that is umpiring football for your children's school or running an annual fundraiser for a charity, you have probably got to the stage where you are not learning anything new or meeting anyone new. Time to stop and find a new one. What is your third dimension activity?



EBRUARY restours

Go window-shopping, without leaving your home, with this great selection of products.



1. Fella Hamilton

Shopping online at Fella Hamilton has never been easier, with a wider range of fashion choices, including sleepwear and accessories, now available. Visit fellahamilton.com.au or phone 1800 800 866 to request a free catalogue.

2. Viva Sunscreens

A fusion of crafted timbers and award-winning design, the Fleetwood Retractable Roof System from the Viva Sunscreens Alutecnic range, offers stylish, integrated all- weather control for sun, wind and rain. Extend or retract the fabric roof for protection from the elements. Visit vivasunscreens.com.

3. SunSense

Don't let the sun steal your beauty - use pharmacy favourite SunSense Daily Face SPF 50+, a light, oil-free, moisturising sunscreen developed specifically for the face, to help prevent premature skin ageing. SunSense offers very high UVA and UVB protection, is fragrance-free and non-comedogenic, so won't block your pores. Visit sunsense.com.au.

4. New Olay Regenerist Luminous

Reveal glowing, healthy-looking skin in just two weeks with Olay Regenerist Luminous, a new tone-correcting collection designed to give women the ultimate accessory - bright, pearlescent skin. Visit olay.com.au.







8.





5. Tassal Salmon

Tassal smoked salmon is convenient. versatile and full of Omega-3. Enjoy with some eggs for breakfast, on a pizza for lunch, or tossed through a light salad or pasta for dinner. That's the beauty of Tassal! Visit tassal.com.au.

6. Voltaren Osteo Gel

Osteoarthritis pain in the knees or fingers can make daily activities difficult. New Voltaren Osteo Gel 12 Hourly is the only gel that fights pain and inflammation for up to 12 hours with just one application. Try Voltaren Osteo Gel 12 Hourly and get on with your day.

7. Wartie Wart Remover

Wartie delivers a professional level of freezing performance that precisely freezes the wart to the core. Wartie's easy-to-use design is suitable for the whole family, including children aged four and up. Available at pharmacies. Always read the label. Use only as directed. RRP \$24.95.

8. Dilmah

The Dilmah Exceptional range offers hand-picked teas, selected for their quality, fragrance and character. Bursting with flavour and natural goodness, these teas are sure to make any moment exceptional. RRP \$3.51.







Pros and cons of self-managed super

What is a self-managed super fund (SMSF) and is it best to manage your retirement? Money magazine's editor-in-chief Pam Walkley explains all.

OULD YOU LIKE to have more control over your super, deciding what it invests in and the fees and costs associated with this? Super takes almost 10 per cent of your hard-earned pay and most people want it to provide the lifestyle they have become accustomed to when they wind back their working lives.

Many Australians - more than one million – have grabbed the bull by the horns and started their own self-managed super funds. However, is an SMSF right for you?

Managing your own retirement savings is a major responsibility. Before you decide, ask yourself if you have the resources, time and ability to do it. You must run a fund that complies with all the rules and restrictions because if you don't, you could lose a fair chunk of your life savings. The penalty for running a non-compliant fund is 47 per cent of its taxable component at the previous June 30. For example, if you had a \$2 million SMSF and the taxable component was \$1 million, the penalty would be \$470,000.

If this does not deter you, read the accompanying breakout on the 10 steps you must follow to set up your fund (right) and if you are still interested, then you're probably a good candidate for an SMSF.

The two main components of superannuation are administration and investment. You can use an administration company to do the former, which will cost \$2500-plus, and decide on your own investment strategy, with or without the help of a financial adviser.

Most SMSFs are set up by couples, usually with the members acting as trustees. Yet this can cause problems



10 STEPS TO A SMSF

Setting up a SMSF is highly formalised due to the legal and taxation requirements. Each step must be done in order:

- 1. Name the fund and decide who the members will be (maximum four).
- 2. Decide if the members will act as trustees, or if you will form a company to be the trustee.
- 3. Have the trust deed drawn up.
- 4. Elect to be a regulated SMSF.
- 5. Apply for a TFN and ABN for the fund and register for GST, if applicable. Open a bank account for the trust.
- 6. Sign trustee declarations.
- 7. Decide on an investment strategy.
- 8. Put administration and accounting systems in place.
- 9. Receive contributions and rollovers.
- 10. Invest monies received.

Source: Max Newnham, SMSF Survival Centre. Visit smsfsurvivalcentre.com.au. further down the track if there is a change of membership or one member dies or becomes incompetent. The alternative structure, where there is a corporate trustee, does not have this problem because a company never dies. Once your structure, trust deed and compliance are in place, which can take a couple of months, you need to turn your attention to your fund's investment strategy.

Your SMSF's investment strategy needs to be in writing to comply with super rules. Your fund must comply with the "sole purpose test" - that is, it must be managed for the single purpose of providing retirement benefits. This means, for example, it cannot invest in a holiday home that you and your family use, or lend money to you or your family.

If you don't feel competent to decide on your investments, consult a financial adviser to devise a plan. Keep in mind that it's important to diversify to spread your risk. Strongly rising residential property prices have attracted some SMSFs to invest in this sector, especially since, under the current rules, the SMSF can gear (borrow part of the costs) to invest in property and shares. High property prices mean that an investment in a residential property requires a large chunk of money, often meaning the fund has too high an allocation to the sector. Putting all your eggs in one basket is never a good strategy, so direct residential property makes sense only if it's part of a bigger portfolio.

Now that the Murray Financial System Inquiry has recommended that SMSFs should not be able to borrow to invest in property or shares, the rules about this might change in the future.

What's <u>on</u>

The must-see shows, movies, events and exhibitions.



Beautiful butterfly

The much loved Madama Butterfly is returning to the Sydney Opera House stage from January 27 to March 28, with three Butterflies in the title role, including Hiromi Omura (left), who performed in Handa Opera on Sydney Harbour's highly acclaimed version last year. With bold choreography, stunning sets and soaring arias, you'll be swept up in the tragic tale. For tickets, visit opera.org.au.

TIME TO VISIT THE GARDEN

The Garden of Unearthly Delights is back with an exciting program of music, theatre, cabaret and more at Adelaide's Rundle Park. from February 12. Highlights include the Australian premiere of disco party Velvet, featuring Marcia Hines, the Spiegeltent sensations LIMBO and La Soirée, and comedians Wil Anderson, Dave Hughes and The Axis of Awesome. For tickets, visit gardenofunearthlydelights.com.au.



WICKED WIT

The quick-fire comedy, Boston Marriage, by David Mamet, is coming to the stage at the Playhouse, QPAC, from January 24. Rachel Gordon and Amanda Muggleton (pictured) play Anna and Claire, two women with both navigating the pretensions of high society and class distinction, as well as the compromises needed to keep a marriage alive. For tickets, visit www.qldtheatreco.com.au.





FIFTY SHADES OF GREY

It was the literary sensation of 2011, and now the much anticipated film is finally here. Fans of the racy novel have been teased with several trailers showing Dakota Johnson as the literary student Anastasia Steele, whose life is changed forever when she meets Christian Grev. the handsome yet tormented billionaire played by Jamie Dornan. One thing's for sure - this film is set to be one of the biggest releases of 2015. Opens February 12.



WILD

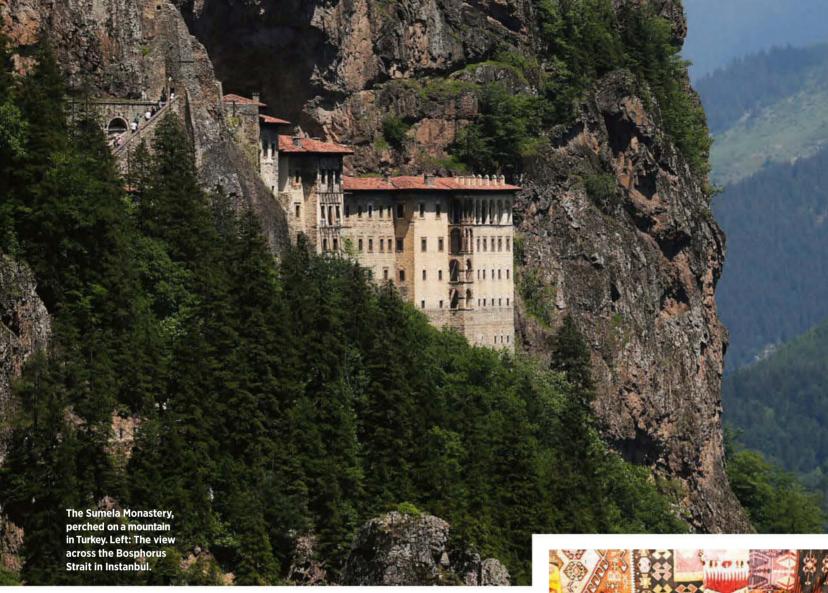
Reese Witherspoon shines in this bigscreen adaptation of Cheryl Strayed's memoir of the same name. Witherspoon plays Strayed, a woman who, after a decade of heartbreak and self-destruction. decides to hike a 1770km section of the Pacific Crest Trail, from the Mojave Desert to the Oregon-Washington border. Cheryl, so ill-equipped for the task that a fellow hiker christens her oversize backpack "the monster", plods her way north on a journey of self-discovery. The cinematography is entrancing, the soundtrack is right on the money and you'll be drawn into every step of Cheryl's trek. Opens January 22.



CRUISING, INTO CULTURE

From Istanbul along the Bosphorus Strait, this "luxury-lite" cruise combines culture, history and a wealth of food and wine, finds **Sally Macmillan**.





T'S AMAZING HOW much culture and history you can cram into a seven-night cruise around the Black Sea – even one that includes two relaxing days at sea. And when the cruise starts in Istanbul, you really need to factor in at least two or three days before you board the ship to take in some of the wonders of this fabled city.

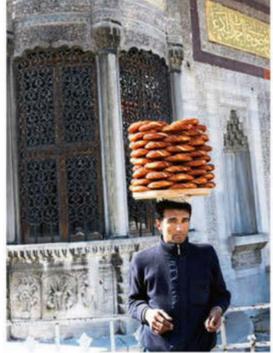
Istanbul is becoming one of the world's most-visited cities (millions of TripAdvisor users voted it their favourite destination last year) and it's not just because of its historical importance. Today, it's a vibrant mix of old and new, scruffy and polished, overcrowded and serene, whether you're talking monuments, mosques, art galleries, shops, restaurants, cafes, hotels or palaces.

When time is short, make a list of must-dos – Topkapi Palace, the Grand Bazaar, Blue Mosque, Hagia Sophia – and try to take in, say, a quick lunch of *balik ekmek* (fresh fish roll) from a stand by the Galata Bridge, a traditional Turkish bath in a hamam, or a cocktail at the fabulously grand Pera Palace Hotel in Beyoglu.

Karakoy, where the ship docks, is an industrial neighbourhood where cranes and warehouses jostle with up-and-coming restaurants and designer shops. A couple of hours wandering around the winding streets reveals old-fashioned cafes, dozens of stalls selling tourist trinkets and fresh produce, and Karakoy Gulluoglu, arguably the best baklava shop in the city. Take a box with you to enjoy on board the ship – not that there's any shortage of delicious food there.

Azamara Quest left the busy quay at twilight and we were treated to magnificent views of the harbour's sights and lights as the ship steamed slowly











Cobbled streets are flanked by 19th-century wooden houses, shops and cafes, and everywhere you look there are reminders of the city's heritage.

north along the Bosphorus Strait. It's small by the standards of modern megaships (it accommodates a maximum of 686 passengers) and best suited to couples and solo travellers aged 50-plus. The cruise line, Azamara Club Cruises, has found a niche that's sometimes called "luxury lite" – it's not in the five-star bracket, but offers excellent wining and dining, friendly service and my favourite spot, the beautiful library. The line specialises in "AzAmazing Evenings", which are complimentary one-off events in key ports, and fares now include most soft and alcoholic drinks throughout the cruise.

We arrived at the pretty Black Sea port of Nessebar, Bulgaria early in the morning and my cruise buddy and I set off for an independent walking tour,

armed with useful information provided by the ship. It's a mix of new and old. Its beaches and seaside hotels are popular with European holidaymakers in summer, while the Old City's history dates back some 3000 years. Cobbled streets are flanked by 19th-century wooden houses, shops and cafes, and everywhere you look there are reminders of the city's Byzantine, Bulgarian and Ottoman heritage. The churches of Christ Pantocrator (which houses an art gallery), Saint Sophia and St John the Baptist are about 1000 years old and you'll see ruins of the fortifications, acropolis and temple of Apollo, built when Nessebar was an ancient Greek colony.

The next stop was Constanta, Romania's oldest city and the fourth-

largest port in Europe (after Rotterdam, Antwerp and Marseille). It was established as a port by the Greeks in 600BC and while there are lots of historic sites to explore, most passengers opted for the day tours to Bucharest and the UNESCO World Heritage site of the Danube Delta – the latter being a renowned drawcard for bird-watchers. Another tour to consider if you need a break from history overload is a winetasting trip to the Murfatlar Winery, situated between the Danube and the Black Sea on the Dobrudja Plateau however, even this was originally cultivated several centuries BC.

After a day at sea, we had a full day and most of the evening at Batumi, Georgia. It's a fascinating town where



churches and mosques sit alongside gleaming, ultra-modern buildings, and where the back streets and squares exude an atmosphere of 19th-century Europe. We took a local minibus to the Botanical Garden, 108 hectares of hilly coastal land featuring exotic trees, shrubs and flowers from nine different regions of the world. Open-sided electric buses make the going easier, particularly on a hot day, and they stop along the route for photo opportunities.

The "AzAmazing Evening" on this cruise was a visit to the Batumi State Musical Centre for a mesmerising performance by the Georgian National Dance Company. And the icing on the cake was being welcomed back to the ship by crew members bearing Champagne - on a red carpet, no less!

Another highlight of the cruise was the journey the next day from Trabzon, Turkey to the 1600-year-old Sumela

Monastery. The road winds through steep wooded hills and valleys to the Altindere Valley, a national park where the monastery perches on the side of a 1200-metre-high mountain. How it was ever built in the first place is a mystery – according to legend, two Greek priests founded it in 386AD after having a miraculous vision.

A steep path and rocky steps lead to the monastery, which was thronged by local and overseas visitors - some of them making the ascent in high heels. The views are breathtaking and the sections open to the public – the frescoed Rock Church, kitchen, library and students rooms – are fascinating.

Our culture-packed cruise took us back to Istanbul, where we would love to have lingered longer, but modern reality was calling - when all the emails downloaded at the airport, it occurred to me that when you're travelling, sometimes intermittent internet access is a real blessing.

(Georgia), Sochi and Novorossiysk (Russia), Yalta, Sevastopol and Odessa (Ukraine), Constanta (Romania) and Nessebar (Bulgaria). Fares start at \$5,938.62. To book, phone 1800 754 500 or visit azamaraclubcruises.com.

SHIP FACTS

 Azamara Quest is a 686-passenger ship that is one of two nearly identical ships in the Azamara Club Cruises' fleet (part of the Royal Caribbean family of cruise lines). Azamara Quest and Azamara Journey cruise in north and western Europe, the Mediterranean, Asia and the Pacific, Central and South America, and the West Indies. Azamara Quest is coming to Australia for the first time in early 2016 and will offer five itineraries, ranging from 10 to 17 nights. The ship has five dining venues (main restaurant Discoveries, Windows Café, Mosaic Café, plus two speciality restaurants, Prime C and Aqualina) and five bars. There are 358 cabins: 232 have balconies and four are wheelchair accessible. Other facilities on board include a spa, fitness centre, pool, self-service launderette and four shops.

Reading room

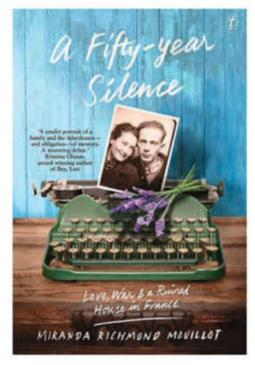
There are skeletons in the family cupboard - big ones - but can the writer of this memoir find out what her grandparents were hiding?



It's hard to believe that a very personal memoir about a young woman's obsession with the cause of the sudden and irrevocable breakdown of her grandparents' marriage could make for such an eloquent and engrossing read. The appeal is not just in the fascinating subject matter - how a young Jewish couple wandering through Europe managed to escape the Nazis, and the crumbling stone house they bought in a remote

French village – it is in how this story is written. Miranda Richmond Mouillot has imbibed her tale with the frisson of a detective story while gently introducing us to the charm and hidden pain of her extraordinary grandparents.

The couple met as students in Strasbourg and together – and often apart – were smuggled into Switzerland during the war. They didn't have an easy time of it at all and used their skills and their wits to survive, but that survival took its toll. In 1948, they bought a tumble-down cottage in a tiny village in the Ardèche in southern France, but not long after, Anna left



Armand and the one-time lovers never spoke again. Romanianborn Anna made her life in New York with her daughter, the author's mother, and Zurichborn Armand made his in Geneva. Miranda was raised adoring her grandmother and seeing little of her irascible grandfather, but as a teenager she gets to know him better. What she doesn't know is what came between her grandparents and why their enmity is so unshakeable, even now, when both are alone and failing in the final

stages of their lives. Miranda goes to live in the abandoned French cottage to try and find answers, while also trying to tease out the truth from Anna and Armand.

It's a totally captivating journey that will have you rapt from start to finish. ■



READ AN EXCLUSIVE EXTRACT

To read the first three chapters of *A Fifty-Year Silence*, download the free *viewa* app (see Contents) and scan this page with your smartphone or tablet.



About the author MIRANDA RICHMOND MOUILLOT



Born in North Carolina. Miranda Richmond Mouillot moved to France in 2004 to work on her first book, the family saga. A former boyfriend, who is "now a best-selling thriller author, was the first person to tell me I'd write a book about this whole crazy mess," she recalls. "I didn't believe him. but ... I began scribbling. I wanted to figure out how to carry the enormous burden of memory that comes with being part of a family of survivors and non-survivors." She now lives happily in the south of France with her husband Julien and daughter Estelle.

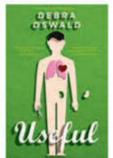
JOIN THE AWW BOOK CLUB In around 30 words, tell us what is great about a book you are reading at the moment. The best critique will win *The AWW Cooking School* cookbook, valued at \$74.95, and be printed in the April issue of *The Weekly*. Visit aww.com. au/book-club, or email openline@bauer-media.com.au, or write to The Great Read, GPO Box 4178, Sydney, NSW 2001. Promotion commences January 22, 2015 and closes February 18, 2015. See the Contents page for the location of Bauer Media's Privacy Notice and terms and conditions. If you do not want your information provided to any organisation not associated with this promotion, please indicate this clearly on your entry.

DECEMBER WINNER **CONGRATULATIONS TO DEBORAH SCHUBERT** from Port Melbourne, Vic, the winner of the December issue AWW Book Club competition, who loved *Hello From The Gillespies* by Monica McInerney. "For over 30 years, Angela, the mother of five living in outback Australia, sent a Christmas family update letter to friends and relatives. This year, she finally tells the truth." writes Deborah.



Jennifer Byrne Reviews

JENNIFER BYRNE IS THE HOST OF THE BOOK CLUB ON ABC1 TV.



USEFUL BY DEBRA OSWALD. PENGUIN.

Sullivan Moss feels so defeated by his own useless, middle-aged, going-nowhere life, he decides to end it. Except he can't even do that right. Instead of leaping to certain death, he trips

on a roof and suffers concussion. Recovering, he is gripped by an entirely unfamiliar sense of purpose: to become an organ donor. Yet before he can usefully change anyone else's life, Sully has to clean up his own ... Debra Oswald's got a gift for rounded characters and sharp dialogue; many will recognise her voice from her children's books and award-winning scripts for TV's Offspring. She digs deeper for her first adult novel, bringing great heart and humour to the story of a man who has lost his friends, let down everyone who loved him and given up, only to shock himself into finding a way, haltingly and with many zig-zags, to remake himself.



WOLF IN WHITE VAN BY JOHN DARNIELLE. SCRIBE.

I know almost nothing about the US indie band The Mountain Goats except that John Darnielle - who is due in Australia for this month's Perth Writers Festival -

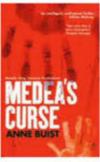
is its chief singer-songwriter and, based on the evidence of this debut novel, one of literature's more intriguing new talents. It's about a teenage boy, Shaun, who while recovering from a self-inflicted gunshot wound, which in effect blows off his face, invents a role-playing game called Trace Italian. His makes a meagre living sending clues, by post, to players of the game. Yet several players have taken the game too far; there's been a death, injury. This is an outsider's story: the bizarre events are related leanly and cleanly, with piercing observations. Already nominated for a National Book Award, it's definitely worth reading.



CLADE BY JAMES BRADLEY, HAMISH HAMILTON/PENGUIN.

The well-intentioned climate change novel has defeated quite a few fine writers (exhibit A: Ian McEwan's awful Solar), so I doff my hat to Australia's James Bradley, who's got

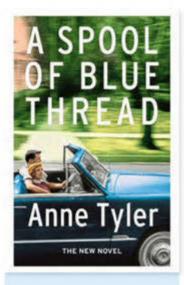
it right. Rather than get stuck on the science, he leaps straight into an unspecified time when the climate is convulsing, pandemics raging, and explores the way real people might respond to an increasingly uninhabitable world. Stay or flee? Despair or hope? The point isn't how the crisis happened, but its human impact. The sinking of Bangladesh and most of coastal India takes up one sentence; a girl's diary as she realises her mother is not coming home, not that night or maybe not ever, gets an entire chapter. Yes, it's alarming, but not alarmist. A fine example of genuinely speculative fiction which takes us at its end to an unexpected place of grace.



MEDEA'S CURSE BY ANNE BUIST, TEXT PUBLISHING.

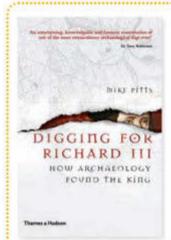
This is a psychological thriller with all the ingredients. A young girl missing, another girl dead. Both daughters of deadbeat dad Travis, though it's his wife Melissa who's in jail

for their child's murder. Feisty doctor-investigator Natalie disbelieves Melissa's confession and suspects Travis' alibi, but she's being stalked - and has a serious case of hots for the police officer on the case. It's a strong set-up and author Anne Buist is an authority in these areas of abuse. kidnapping and infanticide. She also, under a pseudonym, writes erotic fiction. It's an intriguing mix, though the police sections of the novel are more successful than the mental health ones. introducing notions of "countertransference" and debates over the precise diagnostic difference between various mental disorders. The result is part-thriller, part-case file.



A SPOOL OF BLUE THREAD BY ANNE TYLER. RANDOM HOUSE.

In Anne Tyler's 20th novel and she savs probably her last - the engaging American author is back on familiar territory, putting one Baltimore family's life under the microscope in a story that darts back and forth in time, spanning three generations. It begins in 1994 with Red and Abby Whitshank agonising over a snatched and painful phone call from their distant 19-year-old son, Denny. Of all their children, he is the most disruptive to family harmony and seems to delight in keeping his parents at arm's length. His siblings resent how much of their parents' emotional energy is spent on placating Denny and when Red suffers a heart attack and Abby's "mind skips", the family fissures come into focus. Interspersed with this narrative is the back story of Red and Abby's romance in 1959 and the family house at the heart of their life. The strenath of Tyler's writing is her characters and this is another powerful yarn from an expert storyteller.



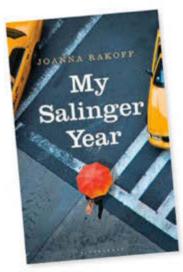
DIGGING FOR RICHARD III BY MIKE PITTS. THAMES & HUDSON.

"There is no training in emotional issues at an archaeological dig," author Mike Pitts tells us, as an excavation team began exhuming bones they were cautiously hopeful could be those of Richard III, the last Plantagenet king of England. It was 2012 and passionate "Ricardian" Philippa Langley, who had commissioned the dig financed by Richard III Society members the world over, including Australia and New Zealand – would place a medieval standard over the cardboard box containing the bones before it was driven to a laboratory for forensic analysis. An autopsy and inquest would confirm that the skeleton bore battle (of Bosworth) wounds to the skull and the monarch's signature curved spine. The death of Richard III was a watershed in English history, marking the end of the 30-year Wars of

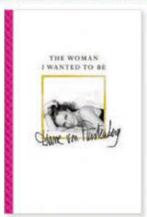
the Roses. The compelling discovery of his remains in a Leicester car park was "a Tutankhamun for our times ... Most excavations raise more questions [than they answer]. This one was not normal. Most of the time you are lucky to find a small piece of broken pot you would have difficulty selling on eBay."

MY SALINGER YEAR BY JOANNA RAKOFF. BLOOMSBURY CIRCUS.

Dressed in wool skirt and turtleneck sweater, "redolent of Sylvia Plath at Smith [College]", literary agency assistant Joanna Rakoff sets off in "the grey morning light of Brooklyn, Queens", with hundreds of "us girls ... shouldering tote bags of manuscripts". Rakoff evocatively sets the scene for this marvellous memoir of her year's apprenticeship in 1996, grafting for author J.D. Salinger's fusty yet venerable agent. Told to "never, never, never" give out "Jerry's" address or telephone number, Rakoff at first thought her boss meant Jerry Seinfeld. Part of her job was to sort through the bundles of fan letters for Salinger and send out the verbatim (circa 1963) reply: that the author of *The Catcher In The Rye* does not wish to receive mail from his readers. Stuck stubbornly in the '60s, the firm still had no computer and Rakoff struggled with a Selectric typewriter. When an unexpected telephone friendship develops between the



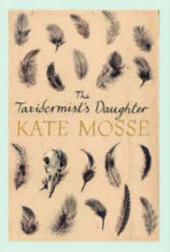
great author and this aspiring writer, she gains the confidence to customise fan letter replies ... "What would Salinger say?" A unique slice of sepia-clad work experience from a, sadly, now fictitious world.



THE WOMAN I WANTED TO BE BY DIANE VON FÜRSTENBERG, SIMON & SCHUSTER.

"I want to tell you the story of a young girl who, at 22 years old, weighed 59 pounds, barely the weight of her bones." So speaks the woman's 67-year-old daughter, fashion doyenne Diane von Fürstenberg (affectionately known as "DVF", the name of her fashion brand), creator of the 1974 wrap dress which is still credited with giving a woman and her body independence and power. "The reason she weighed 59 pounds is that she had just spent 13 months in the Nazi death camps of Auschwitz and Ravensbrück," von Fürstenberg explains to a Harvard seminar on girls' health. Her mother would shape the designer's life, instilling courage and independence in her. She gained a royal prefix from first husband German Prince Eduard

Egon von und zu Fürstenberg in 1969, but married Barry Diller in 2001 after colourful affairs with the likes of Richard Gere. This autobiography has something uniquely interesting to every woman.



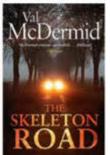
THE TAXIDERMIST'S DAUGHTER BY KATE MOSSE. HACHETTE.

The tools of 22-year-old Constantia Gifford's trade are water and arsenical soap, strips of cloth, a pail at her feet, newspapers, pliers, her scalpel, file, wire, blackbeaded eyes and a bell jar. Multimillion-selling British author Kate Mosse pens Gothic fiction like no other. In motherless "Connie's" hands, a dead jackdaw hovers before eternal life. A mystery woman in a birdcage veil watches Blackthorn House, where Connie's ruined and dissolute father once drew flocks to his Gifford's World Famous House of Avian Curiosities. Witness to a barbarous attack at her home in marshy Fishbourne, Sussex, in 1902, at 12 years old, our "stuffer of birds" fell down a flight of stairs. She "slipped out of time", to flicker and fade between the lost memories of the "vanished days" and the present, 1912. Mosse leads us to a floodsodden marshland of farm workers, where superstitions still hold strong - "not a place for the living". Sure enough, a corpse is soon found by Blackthorn House. Is someone mounting sickly revenge?



Leila McKinnon reviews

LEILA MCKINNON IS THE HOST OF THE NINE NETWORK'S WEEKEND TODAY, INSIDE STORY AND A REPORTER FOR A CURRENT AFFAIR.



THE SKELETON ROAD BY VAL McDERMID. HACHETTE.

It wasn't until I sat down to write about this book that I realised just how complicated it is. Veteran Scottish crime author Val McDermid has the true artist's touch of making

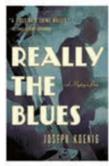
her very clever, intricate work appear easy and natural. In Crete, a man with a heavy moustache is having his throat cut. In Edinburgh, a skeleton with a tiny bullet hole in its forehead is being found at the top of an inaccessible building. In Oxford, Professor Maggie Blake is struggling with her abandonment by the love of her life. a man she met in Dubrovnik as the Balkans descended into war. It will take Detective Chief Inspector Karen Pirie of the Historic Cases Unit to sort through this mess, using the "cloak of invisibility granted to wee plump women with uninteresting wardrobes". The Skeleton Road is a good old whodunnit given profound depth by its examination of justice and retribution.



THE BURNING ROOM BY MICHAEL CONNELLY. HACHETTE.

Detective Hieronymus Bosch is such a veteran officer that he worked on some of the cold cases he now investigates in the Open-Unsolved Unit of the Los Angeles

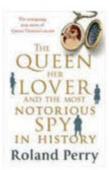
Police Department. His partner, Lucia Soto, is the pin-up girl of the LAPD for her heroic response to a shoot-out. Together, they're in charge of the corpse of a Mariachi band member who's taken 10 years to die from a bullet lodged in his spine. In The Burning Room, Michael Connelly does what he does best, hardened detectives battling not just criminals but budgets, politics, and power. Twenty-two years after "Harry" Bosch's debut in fiction, he's still one of crime's most iconic characters, but he's about to make an uncharacteristic mistake that could end his career and a clanger that could threaten a life.



REALLY THE BLUES BY JOSEPH KOENIG. PEGASUS.

Jazz musician Eddie Piron has no principles. He's happy to perform in German-occupied Paris for the evil officers of the SS - just as long as he has a steady gig, the world

can keep going straight to hell. Yet Eddie has a couple of pretty big secrets that would not go down well with his black-shirted listeners. Really The Blues would transform easily into film noir. It's gritty and moody, grim and downbeat, and it reeks of a sophisticated world-weary cynicism. Poor Eddie is dealing with the demands of a beautiful aristocrat, a coldly determined Gestapo officer, a blackmailing hustler and a lovely young Resistance leader. Such a cast could easily turn into farce or cliché, but Joseph Koenig is better than that and the finished product is like something you'd get if Quentin Tarantino had directed Casablanca; bleakly funny, desperately dark and explosively vengeful.

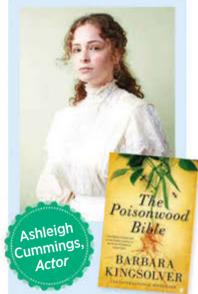


THE QUEEN, HER LOVER, AND THE MOST **NOTORIOUS SPY IN** HISTORY BY ROLAND PERRY, ALLEN & UNWIN.

Here's something out of the box for you. A 16-year-old girl, who would later give her name, Queen Victoria,

to an era renowned for its rigid morals, and her blazing affair with a dashing Scottish captain of the Horse Guards, the 28-year-old 13th Lord (John) Elphinstone. Australian academic Roland Perry makes guite a good case for the existence of this shameful secret of the royal family and a cover-up that reached all the way to the KGB. It's a meticulously researched history of Victoria, her family and the British Empire, which strangely veers occasionally into imagined Downton Abbey-style conversations between the protagonists. An original, credible and intriguing peek beneath the palace sheets.

THE BOOK $I \, love$



THE POISONWOOD BIBLE BY BARBARA KINGSOLVER. ALLEN & UNWIN.

Its blurb will tell vou that *The* Poisonwood Bible is the story of a Baptist family from Georgia, who, in 1959, travel to the Belgian Congo as missionaries. Yet it's far more than just a riveting tale. Barbara Kingsolver creates a world of tangled microcosms and this is both enchantingly beautiful and, at times, uncomfortably confronting. These microcosms challenge the very bones of the structures we have built around ourselves personally and as a society. Aside from its conceptual poignancy, *The Poisonwood* Bible is exquisitely crafted. It's constructed through the alternating lenses of the five female members of the family and each voice is intricately distinctive and insightful. Yet perhaps the most alluring trait is the novel's ability to reconstruct itself upon each read. Ashleigh Cummings plays Celia Houghton on the Nine Network's Gallipoli, which will screen in February.





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Women's Weekly February 2015 Compiled by Elizabeth Kelly

Find A Word

Ε	С	S	E	S	Р	Y	M	E	R	Ε	N	L	R	N
Е	T	٧	N	R	S	Α	0	0	C	0	C	U	В	E
Y	0	Α	L	0	R	E	S	В	1	0	0	I	R	W
L	0	Ε	C	R	1	Ε	N	Τ	E	N	U	S	R	L
M	S	J	I	ı	Р	T	Р	I	0	G	Н	Р	F	Υ
Т	Α	Α	F	Ε	F	E	Α	Н	Р	Р	Α	В	L	W
В	G	T	T	0	С	1	F	Т	Α	Р	U	Р	0	E
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M	N	Р	R	L	C	Ε	R	Ε	M	0	N	Y	L	U
C	E	L	E	В	R	Α	N	T	E	U	Q	U	0	В

Love is in the air and we've hidden a collection of wedding-related words and terms in the grid above. They can be spelt across, down, diagonally, backwards or forwards, but are always in a straight line. When you have found all the words and terms listed below, you should have 11 letters left over and these spell the winning word. When you have the winning word, see the instructions at the bottom of the page for your chance to win \$100.

BEST MAN	
BOUQUET	
BRIDE	
BUBBLES	
BUTTONHOLE	
CAKE	
CELEBRANT	
CEREMONY	
CERTIFICATE	
COUPLE	

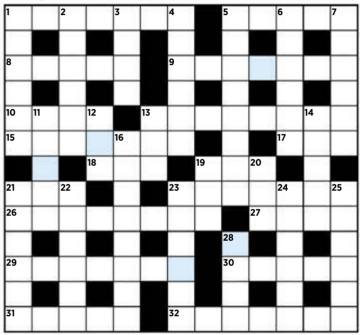
DRESS FLOWER GIRL HAPPINESS HONEYMOON INVITATIONS LOVE MARRIAGE MATRIMONY MATRON OF HONOUR

NEWLYWEDS PAGEBOY PHOTOGRAPHS PRIEST RECEPTION RICE ROSE PETALS SPOUSE TEARS OF JOY VOWS

Solution in next month's issue.

WIN 5X\$100 When you have the winning word, SMS your answer, name and address to 199 55 399. SMS cost 0.55c (incl GST). Or **PHONE** and leave your answer, name, address and daytime phone number by calling 1902 555 399. Call cost 0.55c incl. GST. Calls from mobiles cost extra. Salmat Digital Pty Ltd. Helpline: 1300 131 276. Under 18s must seek bill payer's permission. First five correct entries drawn will each win \$100 cash. Entries close 23:59 AEST on February 18, 2015. Draw date and time: 12:00pm AEST on February 19, 2015. See last puzzles page for details of Conditions of Entry.

Easy Crossword



ACROSS

- 1. Tiered Eastern temples
- 5. Religious groups
- 8. Reserved
- 9. Pretence
- 10. Level. flat
- 13. Put back
- 15. Dwelt
- 17. Cunning
- 18. Was ahead
- 19. Snoop
- 21. Sorrowful
- 23. Longs for, yearns 26. Public vote
- 27. Bold, impudent
- 29. Grows bigger

vegetable 31. Weary

30. Weepy

- 32. Runs in stockings

DOWN

- 1. Supplication, plea
- 2. Quirky garden statuettes
- 3. Dexterous
- 4. Holy
- 5. Breaks into pieces
- 6. Furniture items, easy -
- 7. Firm

- 11. Corruptly mercenary
- 12. No score
- 13. Crimson colour
- 14. Church office bearer
- 16. Foreordained
- 19. Writing tool
- 20. Sharp bark
- 21. Pick out
- 22. With more depth
- 23. On the back,
 - fin
- 24. Repeat from memory
- 25. Showy deeds
- 28. Precious metal

Solution in next month's issue.

WIN 5X\$100 When you complete the crossword, the letters on the shaded squares, reading left to right, top to bottom, will spell the winning word. When you have it, SMS your answer, name and address to 199 55 601. SMS cost 0.55c (incl GST). Or PHONE and leave your answer, name, address and daytime phone number by calling 1902 555 601. Call cost 0.55c incl. GST. Calls from mobiles cost extra. Salmat Digital Pty Ltd. Helpline: 1300 131 276. Under 18s must seek bill payer's permission. First five correct entries drawn will each win \$100 cash. Entries close 23:59 AEST on February 18, 2015. Draw date and time: 12:00pm AEST on February 19, 2015. See last puzzles page for details of Conditions of Entry.

ACROSS

- 2. Visualised
- 7. Domestic employee
- 11. Modification
- 17. Squash flies, eg
- 18. Tertiary student campus (abbrev)
- 19. Grecian vase
- 20. Module
- 21. Scrambles up
- 22. Going sour. milk
- 23. Inconvenient
- 26. Beast of burden
- 28. Small tinned fish
- 29. Peppered with holes
- 31. Utter a cry
- 34. Machinery user
- 36. Prince Andrew's ex
- 39. Rectangular courtyards (abbrev)
- 41. Isolation
- 43. Most sagacious
- 46. Vaccine
- 47. Join the army, eg
- 49. Excused, from tax
- 51. Perfume spray bottle
- 52. Short musical drama
- 53. Daintily odd
- 54. Caledonians
- 55. Finishes
- 56. Ceased, halted
- 61. Beneath the waves
- 64. Virus or bacterium
- 65. Spanish coast. Costa del -
- 66. Small curved lolly
- 67. Workout room
- 69. Concise
- 71. Most courageous
- 74. Polar shipping hazard
- 76. Pinafore
- 78. Mention
- 79. Foot arches
- 81. Secret agent
- 83. Inner-city, area
- 84. Symbol used for love
- 86. Hugged
- 89. Stalemate
- 90. Experienced people (3,5)
- 93. Recurrent pattern
- 94. Keep in custody
- 97. Unhurriedly
- 100. Pale with shock
- 101. Insist upon
- 103. Bargain with
- 106. Song, Alexander's -Band
- 108. Fawns' fathers
- 109. Singular
 - occurrence (3-3)
- 110. Hammered, in

- 111. Shatter
- 112. Major artery
- 113. Worry endlessly
- 115. Trades trainees
- 118. Skin lotion
- 121. Touch down in plane
- 124. River creature
- 128. Long-limbed, colt
- 129. Hog's grunts
- 130. Confidence
- 134. Angry 135. Solid ground, - firma
- 136. Appeal
- 137. Onion relatives
- 138. Diva, donna
- 139. Ultra manly
- 140. Alarmingly
- 143. Taunt
- 144. Endorses
- 147. Readjusted
- 150. Floor slate
- 151. Restaurant
- supervisors (4,7)
- 155. Redistributed
- 157. Remain
- 158. Overweight
- 159. Decorate
- 162. Most pleasant
- 164. Nevertheless (4,2)
- 167. Religious groups
- 168. Mourns 169. Confectionery
- on sticks 172. Thick sugar syrup
- 173. NZ birds
- 174. US hero, Martin -King Jnr
- 177 Posture
- 180. Nailfile, board
- 181. Does voice-over
- 183. Entrance
- 184. Skill
- 186. Public persona
- 187. Creep
- 188. Healthy, as fit fiddle (2.1)
- 191. Explorer, Sir Walter -
- 195. Hollywood film studio (1,1,1)
- 197. Normal, as -
- 198. Citrus fruits
- 200. Past-it star (3-4)
- 202. Cropped up
- 203. Golfing standard
- 205. Beautifying
- 206. Flow back
- 208. Neglect
- 209. Central London green space (4,4)
- 212. Ocean phase (4,4)
- 215. Immigration permit
- 217. Emergency contact, next - - (2,3)

- 220. Airstrip
- 222. Preying animal
- 224. Poorest
- 226. Building plan
- 228. More compressed
- 229. Regions
- 230. Figures, out (slang)
- 232. Went before
- 235. Stem of holly, eg
- 236. Direct, the car
- 238. Tie or cravat
- 241. Potato cake, brown
- 242. Wellbeing 243. Improve in quality
- 244. Tallies
- 246. Chief troublemakers
- 252. Kitchen
- hourglass (3.5) 253. Colorado's
- neighbour
- 254. Duck's bill 255. Snooze
- 256. Regret
- 257. Brief letter
- 258. Ladies' riding
- style (4-6)
- 259. Passes, time -260. Walt's US theme park

DOWN

- 1. Confesses (4,2)
- 2. Engraver
- 3. Calf meat
- 4. Underwater vessels
- 5. Meanest
- 6 Tasks
- 7. Grain storage tower
- 8. Sloped path
- 9. Half-open
- 10. Ballerina's skirt
- 11. Infuriates
- 12. Mishap
- 13. Mail recipients
- 14. Eve membrane
- 15. Gold ore lump
- 16. Fluid 24. Stages
- 25. Hard bumps
- 26. Motions
- 27. Renowned
- 28. Scatter (seeds) 30. Speckle
- 32. Rebels 33. Evidence under oath
- 35. Sound booster (abbrev)
- 37. Israeli city, Tel -38. Mythical Greek
- strongman 39. Citable, - remark 40. Grime
- 42. Hospital ward (1,1,1)

- 44. Hearing organs
- 45. Drying cloths
- 47. Racial
- 48. Lounge, around
- 50. Fuss (2-2)
- 53. Wharf 57. Space to manoeuvre
- (5,4)
- 58. Slanted typeface
- 59. Womanly
- 60. Severest 62. Smelled foul
- 63. Aubergines
- 65. Stitch
- 68 Spoil 70. Crack-of-dawn
- departure (5.5)
- 72. Escape adroitly
- 73. Shinbone
- 74. US Rockies state
- 75. Praise highly 77. Weighing down
- 80. Farm vehicles
- 82. Demote
- 85. Gather together
- 87. The M of YMCA (3'1) 88. Paradise garden
- 91. Ancient stringed instrument
- 92. Water barriers
- 95. Fish, rainbow -
- 96. Affects with disease
- 98. Soup legumes 99. Girth area
- 102. Overseas reporter
- 104. Festival. Mardi -
- 105. US actor. Sandler 107. Manager
- 113. Ballroom dance
- 114. Unending
- 116. Pizzazz
- 117. West African country
- 119. Endure treatment
- 120. Proceed from
- 122. Opposed to
- 123. Ruling family **125**. Roves
- 126. Effervescence
- 127. Unrehearsed (2-3) 128. Social outcast
- 130. Media promotions 131. Health spring
- 132. Cardiac monitor (1,1,1)
- 133. Cunning
- 142. Least fatty 145. Generosity

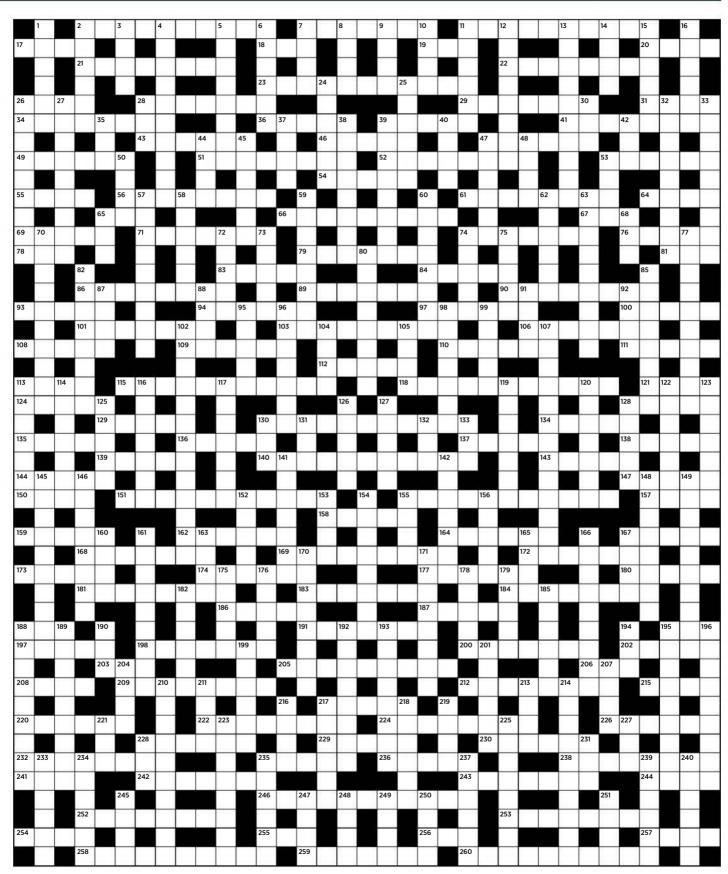
141. Table-top support

- 146. 12-month-old horse
- 148. Admired 149. Bunny's chocolate gifts (6,4)

- 153. Kindred spirit,
- mate 154. Breeding history
- 155. US gambling resort
- 156. Sleep late (3,2) 160. US space agency
- (1,1,1,1)
- 161. District
- 163. Small island 165. Pace
- 166. Gave a warning to
- 167. Sleigh
- 170. Requisitioning
- 171. Talking yourself into
- 175. Utilising
- 176. Cures
- 178. Flooded 179. Sedates
- 182. Mouthful of abuse
- 185. Natural ability
- 188. Celebrity's signature 189. Groups of spectators
- 190. Swiss peak 192. Children's
- vaulting game
- 193. Tilts 194. Poke abruptly
- 195. Recorded progress **196**. Showbiz idols
- 199. Spookier
- 201. Incidental comments 204. Sailor's greeting
- 207. Door chime, eg
- 210. Fearless adventurers 211. Bubble bursts
- 213 Shacks 214. Firestorm bomb
- 216. Become distorted
- 217 Secreting 218. Made home in tree
- 219. Indolent
- 221. Reverence 223. Fixed, mended
- 225. Theatre doctors 227. Noah's craft
- condensation
- 231. Observe
- 233. Attacked suddenly 234. Fleshy face parts

228. Morning

- 235. Tranquil 237. Corroded
- 239. Long novel, - - Peace (3,3) 240. Allows in
- 245. Antiquated 247. Back of neck
- 248. Volcanic flow 249. Helps
- 250. Is mistaken 251. Senator, - Peris
- Solution in next
- 152. Inactive



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The clues for this puzzle are all within the grid itself. Write your answers in the direction shown by each arrow. All answers run left to right or top to bottom. When you have finished. the letters on the shaded squares will spell out the winning word. When you have this word, SMS your answer, name and address to 199 55 804. SMS cost 0.55c (incl GST). Or PHONE and leave your answer, name, address and daytime phone number by calling 1902 555 804. Call cost 0.55c incl. GST. Calls from mobiles cost extra. Salmat Digital Pty Ltd. Helpline: 1300 131 276. Under 18s must seek bill payer's permission. The first five correct entries drawn will each win \$100 cash. Entries close 23:59 AEST on February 18, 2015. Draw date and time: 12:00 AEST on February 19, 2015. See last puzzles page for details of Conditions of Entry.

Insider

1			External: - forms Our star: Richard -	•	Shops Lion's loud call	•	Tangled, fastened	•	Garbage holder	•	Alike: they look -	*	Promptly, on the -	Scarlet Fidelity, fealty	•
	T		•		Y				TV sci-fi Doctor		Lazy, bone -	•	M		
1	F	A	In excess, – much	•			Have, possess	•	•	32	Happy, in a good - Food can	•			
Doom, destiny Fifth month	•	Agree, say -	Heat	•						Large town Earl Grey drink	• •				Appear to be
•		•	Song, We - Family Targets, goals	•			Whole amount Clue, inkling	•		•			Normal, - usual Tote or clutch	•	
Cry, shed a - Dwell, live in	•		•		They, he and – Mistake	•	•		Make possible Ahead of time	•			•	Ÿ	
•	13				•	Notion, thought	•		*		Gauge, assess Chauffeur car	•			
Nearer	Tell a fib	Unique, the only -		Sprint Mother sheep	•			New York's country (1,1,1)		No score, zero	car	Exercise centre For each, - head	٠		
•	•	•		•		Round root vegie	•	•		*		•	1		
Ahead, - front Zoo worker	•		Came first in race	*			Foul sticky sludge	•							
→						Our star, Elizabeth –	•							V	

Clueless

Solution in next month's issue.

16	17	10	22	2	17	25		13	10	12	24	6	11	1
	19		14		22		- 61		12		12		17	
9	3	13	15		16	6	25	6	5	3	10	12	3	13
	22		17		11		17		23		6		15	
13	15	22	16	18	17		18	6	13	6	15	12	16	13
	12				13	78	17				6		22	
24	16	6	18	22	15	17	10	21		13	5	22	10	17
17			22				12		25		22			1
22	24	22	16	15		13	24	22	16	23	10	6	11	1
	16		6		.5		8		22				22	
8	12	25	17	16	22	15	17		15	12	26	22	16	25
	24		15		4		11	ı	15		22		16	
7	12	16	6	20	12	11	15	22	10	ı	15	12	12	10
	13		17		3				17		17		26	
25	17	11	13	6	15	21		22	25	25	16	17	13	13

25/1/1/22/2

¹ G	2	3	4	5	6	7	8	9	10	11	12	¹³ S
14	15	16	17	18	19	20	21	22	23	24	²⁵ D	26

Write the relevant letters into the boxes to find the winning word.

		-						_
5	12	11	14	17	15	15	6	Solution in next

WIN 5X\$100

In this crossword, each letter of the alphabet is represented by a number from one to 26. We've put in three numbers and their corresponding letters in the top panel. Fill this in as you go, then use your letters to fill in the squares below the panel to get your winning word. When you have this, SMS your answer, name and address to 199 66 444. SMS cost 0.55c (incl GST). Or PHONE and leave your answer, name, address and daytime phone number by calling 1902 552 401. Call cost 0.55c incl. GST. Calls from mobiles cost extra. Salmat Digital Pty Ltd. Helpline: 1300 131 276. Under 18s must seek bill payer's permission. First five correct entries drawn will each win \$100 cash. Entries close 23:59 AEST on February 18, 2015. Draw date and time: 12:00pm AEST on February 19, 2015. See last puzzles page for details of Conditions of Entry.



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Cryptic Crossword

1	2		3	4	5	6		7	
				8					
9									
			1.1.	10					
11		12							
		13		14			15		16
17	18		19			20			
						21		22	
23					24				
155					25				
26									
S					27				

ACROSS

- 1. Do stem uproar to seem unassuming (6)
- 8. Got Eve and Delta together somehow and gave us a lift (8)
- 9. The editor is about to be carried so we will mock him (6)
- 10. We must put a stop to them (8)
- 11. Why leave Italy, hang it! (4)
- 13. I'm to do away with one shingle so I'm pulling the lot down (11)
- 17. Looking for a bigger copy, I now lament the green they've put in it (11)
- 21. Where in the world will you find a headless beast? (4)
- 23. Overstretched to get the water out (8)
- 25. Starred at the last rally (6)
- 26. Drawn conclusions observed at a pub? (8)
- 27. Her son is confused on seeing birds (6)

DOWN

2. To sing and act with some no-hoper, actually (5)

- 3. I bleed it in order that one may eat it (6)
- 4. We hate estates where such mounds appear (4)
- 5. Plant grown in a mug with little hesitation (8)
- 6. Puts on his rag which is said to be showy (6)
- 7. Imagine! This John wrote it (6)
- 11. How to domesticate your mate (4)
- 12. I have a doll with no foot which I worship (4)
- 14. Get ready to play in church and I see there will be no end to it (8)
- 15. How I love getting thanks from a Greek by letter (4)
- 16. An endless tango arranged by an insect (4)
- 18. Each little turn has its own inherent character (6)
- 19. They warn when Capone takes up arms (6)
- 20. A fabulous drink which will have you in a trance (6)
- 22. Country pains? (5)
- 24. Hurry and see what Morse has to offer (4)

Solution in next month's issue.

Sudoku

Each number from 1 to 9 must appear in each of the nine rows, nine columns and 3 x 3 blocks. Tip: No number can occur more than once in any row, column or 3 x 3 block. Solution overleaf.

Lovatts Super Sudoku magazine is available at your newsagent now.

								6
					5	7	2	1
6				2	1		3	
		2		4	8		5	9
9	7						8	2
8	5		2	6		4		
	4		3	1				5
3	8	5	9					
7							Ö	

Bogglewords

Can you work out the familiar words or phrases depicted here? Solution overleaf.

UMPHANT UMPHANT UMPHANT	P PEDESTRIAN D E S T R I A N
3 SOUP	BLACK COFFEE

Letter Chase

Hidden in the square below is the name of an item related to sewing. Starting at the shaded square, move from letter to letter in any direction to find what it is. Remember, you can only use each letter once. Solution overleaf.

R	В	E	Ε
0	M	D	L
D	I	Y	Ε
Ε	R	N	Ε

Spot The Difference

Test your powers of observation. The two pictures below may look the same, but we've made five changes to the one at right. Can you spot them? *Solution overleaf.*







Pairs

Cross out all of the letters that appear twice. When you do, you'll find there are four letters left over. Rearrange them to form a word relating to time. Solution overleaf.

DOOOOOOO

Word Maker

How many words of four letters or more can you make using the letters given here? Each one must include the central letter and you should have at least one nine-letter word in your total. Avoid plurals. proper nouns, hyphenated words, those with apostrophes and verb forms ending with "s", eg, "bakes". Solution below.

17 SMART 20 TERRIFIC 22+ BRILLIANT!



ANSWERS

February

LETTER CHASE

Embroidery needle.

BOGGLEWORDS

1. Triumphant. 2. Pedestrian crossing. 3. Short soup. 4. Long black coffee.

SPOT THE DIFFERENCE

1. Red flowers at left disappear. 2. Extra clouds in sky. 3. Man's tie changes colour. 4. Palm tree at right disappears. 5. Decoration at far right changes colour.

Throat, Throb.

Lathe, Lather, Loath, Loathe, Oath, Other, Rehab, That, Threat, Heart, Heath, Herbal, Hero, Hoar, Hole, Hotel, Hotter, Hare, Harlot, Hart, Hate, Hater, Hath, Hatter, Heal, Health, Hear, Bother, Breath, Broth, Brothel, Earth, Hale, Halo, Halt, Halter, Abhor, Bath, Bathe, Bather, Berth, Betrothal, Blather, Both,

> **MORD MAKER** Ыау.

SUDOKU

PAIRS

5	2	1	8	3	7	9	4	6
4	3	8	6	9	5	7	2	1
6	9	7	4	2	1	5	3	8
1	6	2	7	4	8	3	5	9
9	7	4	1	5	3	6	8	2
8	5	3	2	6	9	4	1	7
2	4	9	3	1	6	8	7	5
3	8	5	9	7	2	1	6	4
7	1	6	5	8	4	2	9	3

January

COLOSSUS

BEARABLE BRAMBLES C	DBSCURED CAN I STER
AGGMEARLEIRRSEIN	
E I I E S E A M M V A M U S	
LONERSELEEYEBALLEN	FASCI SMETEFONDLY
VININOSEDINIDIALIB	
MANSION NUTMOST	TACKLENIMECHOING
TUWELDER A MEANE	STENSIGNET DEC
BIKINISHUASONE B	MILEAPTEWEKILLJOY
O T N R N R A L A B A	AMA V E I O E L
UNDERGONE ICTER T	NIECE GRANDSONS
SEEEEUUSPUREENTRA	
IMPLANTS AMAZED OF T	T ACCUSE LIVELIER
	DOLLED CESEGU
GARNISH DUBLINER D	
UNTESMIDOLMENS COM	P O R L A M B E M C
POSTMANDEARNS REBE	LARGISH
WASEVERBRUVES	OLENNROGERUUH
VIOLET SAYSOTHEI	
N O RICE D ANTE I	EASTUUFRAURV
L P E L B OW A D R N X	CETEL LOFTEN A CO
CUTUP UNINSPIRES P	
ELLTIPSYLTMAELUME	
RHYTHMINIWARPITREBL	EDMAJARMENUSEDTO
E E BREW G ELSE U	VEIN NESNOBER E
TAIPEINSTTERRATVERV	/ESTASHED BEAVER
VEEBBASTEEEWOEG	NCOMMAISLESSIN
PETERED NOTES ALLC	
LEHELEDYED BEULLE	F A R DISCILE N
NAIROBI ELICITED S	SUBTLETY EMBRACE
E T T U V E Y R E C A D D R E	
DUSTSHEET CRAFTELED	O CRUST OMELETTES
NEY O E H V CUISI	
AIRCREWEREPOCHEES	SENOTCHELECIRCUIT
F O D I NNER I DE ARTH	HED EEXODUSEKET
KIMONOS A SEDATE U	ESPRITOBULLTIN
E N WHALE FEE RARE	
ODDSON RIINFERNON	INCITED RENSIGN
C O G JEST O O BASI	
	DETAINEE FETCHING
ULELEVASELTLOCEDE	
RADISHESMRESTLESSMA	ASSESSES STREAMER

Fanuary

CRYPTIC CROSSWORD

A		Р		Α	D	٧	0	C	Α	T	E	S
-01	A	L	A	D		1		Н		Α		H
T		Α		D		A	P	E		М		0
R	1	N	S	E	D		0	F	F	E	N	D
A		E		R			М		L		0	115
L	0	T	S		S	T	A	G	N	Α	T	E
	В		P		C		D		Α		E	
D	E	T	0	N	A	T	E		L	A	D	S
	S		R		R			V		C		L
G	E	N	T	L	E		М	1	N	U	T	E
0		0		Α	D	D		P		M		U
A		U		ı		A		Ε	٧	Ε	N	T
D	E	S	T	R	0	Y	E	R		N		Н

EASY CROSSWORD

WINNING WORD: Suites.



INSIDER WINNING WORD: Cruise.

Г		1		D		E		A		М		E			R
			S	1	G	R	T.	D		E		X	R	Α	Y
				S	E	Α		Н	E	N		С	0	R	E
	L			Ε	A	S	1	E	R		D	E	В	Т	
М	A	P		Α	R	E		R	A	D	Α	R		I	S
	٧	E	Т	S		R	0	E		U	N	P	A	C	K
С	A	R	E	E	R		1	D	L	E		T	1	L	E
Ξ	Ξ		Α		1	L	L		I		s		D	Ε	W
Н	A	Т	R	E	D		S	A	N	D	Α	L			
	G	0		Υ	E	S		w	E	Α	R	Y			
S	0	0	N	E	R		K	E	D	D	I	E			

FIND A WORD

WINNING WORD: Entertainment

CLUELESS:

1=R, 2=O, 3=A, 4=E, 5=S, 6=M, 7=Y, 8=V, 9=I, 10=D, 11=K, 12=Z, 13=W, 14=L, 15=F, 16=Q, 17=H, 18=J, 19=G, 20=X, 21=C, 22=T, 23=U, 24=B, 25=N 26=P. WINNING WORD: Cabins

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Test your wit! Make up a funny caption for this picture of Keira Knightley (below) for your chance to win \$50. Send this coupon to February Laugh Lines, The Australian Women's Weekly, PO Box 414, Eastern Suburbs MC, NSW 2004. Entries are due in by February 18, 2015. See below for the Conditions of Entry and Bauer Media Limited's Privacy Notice.



NAME:	
	ADDRESS:
	POSTCODE:

DECEMBER WINNER



Our photograph of Cameron Diaz inspired this caption: "Well, I won't be buying this lipstick again!"

\$50 prize to S. Harding, Gundaroo, NSW.

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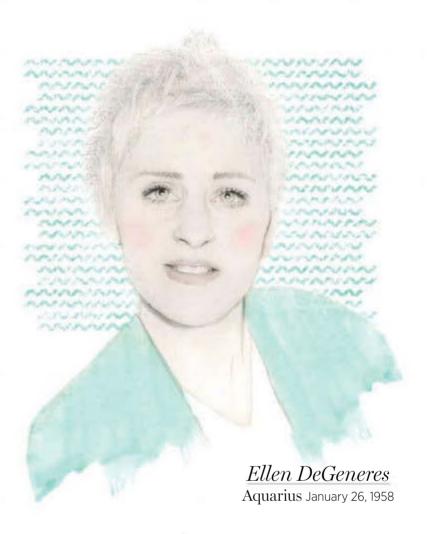
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uarius

Anchor yourself when deepening your financial, property, charity or business involvement (possessions may also be woven in) as everything and everybody in this arrangement is all over the place in the first fortnight. If making plans for cosmetic surgery, weight loss, a website or business cards, allow for delays or changes until the first week of March. The most fascinating way to use the internet, or even reject it, will cross your path as February ends. You are in the mood to experiment and you will be enthralled by the results.



Pisces

Feb 20-Mar 20

You liberated yourself from a financial, business, charity or property arrangement last year and now understand why freedom is expensive, but worth it. Now you can enjoy a new set-up which could make a revolutionary difference to the way you earn, save or repay your money, or your investment choices. You cannot separate the strong personalities from the dollars, though, so factor that in before you make your final launch or decision by April. A secret you are keeping, or a role you play behind the scenes, requires plans A, B and C.



You are involved with a group, team, club or social media circle, where one male is enjoying the competition between yourself and other women. Stop the game before it chews up any more of your time, as this is not about friendship or people power, it is about his ego. The most exciting new role, image, look or relaunch is in store for you by April, with the first signs of it appearing in the final 10 days of February. Venus and Mars will meet in Aries near Sunday, February 22, giving you a green light. Radical haircut? Reputation rethink? It's your call, so enjoy it.

Taurus

Apr 22-May 21

Unless you draw a firm line with the friend who is involved in your group or social media, the situation could become extremely confusing by April, so try to hang on to sensible boundaries near February 1 and 9. You will be dealing with gender politics in your chosen workplace, university or non-profit sector, but your secret weapon is solidarity with other women, or the ability to walk away. Try not to get too heavily involved with the discussions, emails or paperwork involved, as you will be sent back to the drawing board or play a waiting game.

Gemini

May 22-Jun 22

The group which matters the most to you may be a circle of friends or a more formal team or organisation, but you will be stunned by the rapid and exciting chain of events which begins near the 22nd and alters your social world by April. You may not have realised how free you could be, but a rare planetary line-up will show you. We are now in the Mercury Retrograde cycle, which affects your travel, foreign, web, publishing or education agenda, so please allow for changes, delays or mistakes, and protect yourself until at least March 4.

Cancer Jun 23-Jul 23

Your career, university course or non-profit work matters far less than the personalities involved and you must use your natural gift for reading hearts and minds in the final 10 days of the month. From this point forward, you will race towards a new project, alternative role, milestone decision or exciting reshuffle, with a completely different world in place within 10 weeks. You have a confused and confusing association with a person who constantly crosses the line with you. This affects how you travel, publish, teach or study, so contain it.

Leo Jul 24-Aug 23

Postpone decisions and discussions with (or about) your partner until early March, to avoid wasting time and energy. This also applies to your former or potential partner. Mercury is retrograde, so there will be rewrites of this story or substantial delays. If you are more emotionally involved with an enemy, rival or opponent, then fast-forward the emails or letters, as February is the wrong month. Did you know that a new web project, trip, relocation, foreign connection, course or workshop will change your life? Expect clues from February 20.

Virgo Aug 24-Sep 23

What happens with (or for) your partner near the 1st and 9th reminds you to live in the real world, even though events are taking you away from it. This also applies to former or potential partners and to any enemies. Try to rein things in with this person, as you do not want to drift into a situation where you end up all at sea. A brand new financial, property, business or charity arrangement becomes possible in the second half of the month, when life moves twice as quickly and a woman plays a special role. By April, you will be free at last.

Libra

Sep 24-Oct 23

After the 20th, the stage is set for a crossroads choice involving your former, current or potential partner, with an independent new life guaranteed by April, when the revolution is complete. If you are more emotionally involved with an enemy, opponent or rival, then you will be unchained from the situation one link at a time. The world of children, potential pregnancy and young in-laws is at the heart of a new beginning near the 18th, but please allow for changes and delays in this story. It will not be until March that things are final.

Scorpio Oct 24-Nov 22

One male in your family or household, or perhaps affecting your property investment, enjoys his hold over you and another woman too much. Let the politics go and try to postpone the most important paperwork or agreements until at least the first week of March, as you will be hit by a waiting game, U-turn or error now. You are in a

stunning career, university or non-profit work cycle in 2015 and must fully engage with the person who is centrestage in the final 10 days of February. By August, you will be thrilled with your success and the new lifestyle.

Sagittarius Nov 23-Dec 21

Nov 23-Dec 21
If you are in a relationship with another Sagittarian or Libran, then the next three

Sagittarian or Libran, then the next three months will transform your life as a mother or potential parent. Whatever their sign, the final 10 days of February will steer you in a radical new direction with your son, daughter, godchild or young relative. A relationship which could make you an aunt or parent is also going to set you free by Easter. The connection you have with a household or family member, tenant, house guest or landlord needs to be contained and controlled now as there are fuzzy boundaries.

Capricorn Dec 22-Jan 20

A project which revolves around your way with words, images or ideas could become messy by March unless you create firm rules in the first 10 days. A brilliant new phase for your home life, property interests, family, household or home decorator skills begins as March draws closer and there will be electrifying results by April. The time has come to be far more independent, not only in terms of relatives and flatmates, but also in your approach to renting, owning, renovating or investing. A crossroads near the 22nd puts you on the path.

Go back to school

Calling on wisdom garnered from raising five children, Pat McDermott shares her tips and tricks for a parent-friendly return to school.

I didn't think advance warning was a good idea.

F YOU'VE GOT kids, there's no point in asking "for whom the bell tolls". It's tolling for thee! It's February and school's back. There's the principal, on guard at the gates, smiling and shaking hands, and watching everyone file past. I once told my boys that principals could read minds. "It's true!" I said when they scoffed. "Why else would Mr Pearson sing out, 'Don't even think about it, Johnson!', every time your mate, Ollie, walks by?"

There are excited smiles on most faces and almost certainly an over-ripe banana in every backpack. You'll find it eventually, jammed under a pair of sneakers and a really heavy book on volcanoes, but not until the end of Term One. By that time, the smell will be so bad a police sniffer dog could reasonably mistake it for a dead body.

It seems only a short while since it was Ruff Red's turn to follow his brother and sisters down the street to "big" school.

I remember the Man Of The House (MOTH) asking me quietly, "Has anyone told the school?" Ruff Red was a "lively" child and I didn't think advance warning was a good idea. Recently, the author of a "parenting" website asked me if, after raising five children, I had any tips or tricks to make school days easier. I thought she'd never ask!

The McDermotts enjoyed the first day of school 24 years in a row and usually we all got to the right place at the right time. However,

the MOTH did find it challenging. Sometimes, he was in the right place, but at the wrong time. Or right on time, but at the wrong school. He may be the only parent to receive a note from a headmistress telling him, "He must try harder." I think of him as a work in progress. I give him an A+. ■

School days go better with ...

A big red filing cabinet. Ours had five drawers - one for each child. In went medical records. school reports, "art" work, merit awards, ribbons and other significant documents. I could put my hands on a vaccination record in five seconds flat. If you have five kids, you don't want anyone to miss a sleep-away camp because you can't find the piece of paper that says he can swim!

A large white board on the kitchen wall. All requests for lifts to school, parties or sports must go on the board. So do anguished pleas for cupcakes, birthday gifts, chocolate biscuits and giant tins of MILO. Wipe off silly ideas (A new dog? A trampoline? A gold fish?) straightaway.

Plastic bins. One bin per child, name on the lid. Add new memorabilia at the end of each year, thus freeing up space in the filing cabinet. My children don't want their bins right now, but I think they will one day.

Team spirit. I know you're busy. So is everyone else. Put your hand up to help with something - the cake stall, the P&C, the soccer team. A sports canteen on Saturday mornings is a thing of beauty. The look on your child's face as you dive headfirst into a freezer full of Paddle Pop to find the last chocolate one? Priceless.

A happy face. Complain to the dog if you must. Sadly, nobody else wants to listen. At least no one at my house did.

BACK TO SCHOOL BLUES

* The sleeves of your new blazer are way longer than your arms because we don't want to buy you another one - ever.

* If you drip yogurt on your school tie, you'll have to wear your jumper to cover up the stains. I know it's 40°C, but I have standards to maintain.

* I don't care if Miss McGilvray suggested it. Nobody goes on a gap year in Year Five.

* Stop scratching! The chemist is closed.



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